FHM

FRANCE €7.00

AUGUST 2024

TOP 10 SMART-PHONES TO GET NOW!

BEDROOM BOOTCAMP
TIPS & MORE SAUCY TALK

FRUGAL FANATICS
LIVE LARGE ON A LEAN BUDGET

SULTRY ELEGANCE

Katie Flowers

9 771562 469000 08190

MAGDOWNLOAD.ORG

FREE DOWNLOAD

LATEST MAGAZINES

HIGH QUALITY TRUE-PDF

MAGDOWNLOAD.ORG

Ernst Benz

PRECISION INSTRUMENTS FOR TIMEKEEPING

47MM CHRONOLUNAR OFFICER

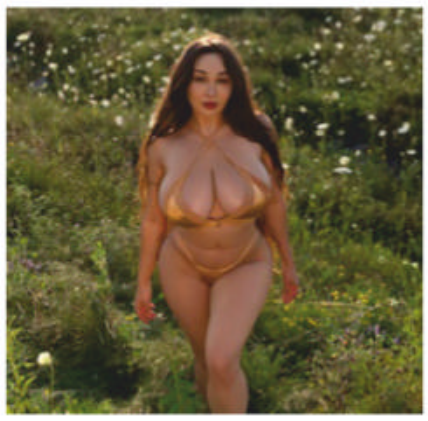
www.ernstbenz.com

ECJ LUXE COLLECTION

4521 Sharon Rd. Suite 101 Charlotte, NC 28211

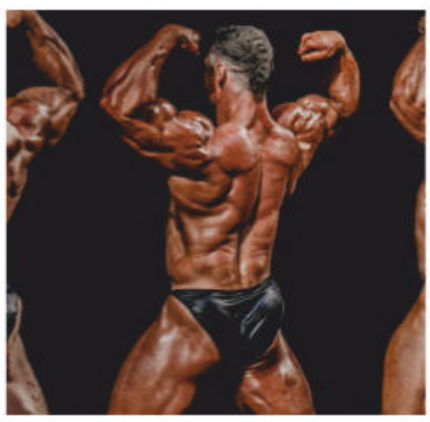
chrisw@diamondsdirect.com (704) 295-9190

CONTENTS 08/24



Louisa Khovanski p12

8 most-watched flicks p20



Gym Bros p50

On the cover | Katie Flowers p40

Sara Kova p66

BMW M135i p74

Scarlett Starr p88

04 FRUGAL FANATICS
Live large on a lean budget

20 NETFLIX & CHILL
8 most-watched flicks

28 TOP 10
Smartphones to get now!

34 HIKER MACGYVER
Hacks for the modern explorer

50 GYM BROS
10 most infamous bodybuilders ever!

60 BEDROOM BOOTCAMP
Tips & more saucy talk

64 HYPE OR HELPFUL?
How herbal supplements help vascular wellness

74 BMW M135I
Inside the latest baby M

78 ASPARK OWL
Our newest EV ride

80 PORSCHE 911
The first T-hybrid system

82 HIGHER SEX DRIVE!
Natural ways to boost libido

FRUGAL FANATICS

Live Large on a Lean Budget

Feeling the pinch at the grocery store? Do visions of dream vacations seem like a distant fantasy? Fear not, fellow budget warriors! Frugal living isn't about deprivation or sacrificing all enjoyment in life. It's about becoming a mindful master of your money, making smart choices, and discovering creative ways to stretch your dollar further. In this guide, we'll delve into a treasure trove of frugal living hacks that will transform you from a spender to a financial superhero. From clever grocery shopping strategies to budget-friendly entertainment ideas, we'll equip you with the tools and inspiration to live a fulfilling life without breaking the bank. So, grab your metaphorical cape, because it's time to unleash your inner frugality and unlock a world of financial freedom!

payment
Shopping
eating out
Saving
entertainment
groceries

Now that you're geared up with your metaphorical frugality cape, let's delve into the supermarket – a land of both temptation and opportunity for the savvy shopper! The "Groceries" category often eats up a sizable chunk of our budgets, but fear not! By implementing these smart strategies, you can transform your grocery shopping routine into a money-saving mission.

Conquer the Grocery Aisle Masterful Meal Planning & Savvy Shopping

Plan Your Meals, Conquer Chaos
Winging it at the grocery store is a recipe for impulse purchases and food waste. Dedicate some time each week to plan your meals for the upcoming days. Consider factors like dietary needs, upcoming events, and what's already in your pantry. This will help you create a targeted shopping list, preventing you from getting sidetracked by enticing (but unnecessary) items in the store.

Shopping List, Your Secret Weapon
Once you have your meal plan in place, create a detailed shopping list. Include specific quantities to avoid overbuying. Group similar items together to optimize your shopping route and avoid backtracking through the aisles. Sticking to your list is key to resisting those tempting impulse buys!

Become a Supermarket Sleuth Uncovering Hidden Savings

Embrace the Power of "Generic"
Store brand products often match the quality of name brands but come at a significantly lower price. Don't be afraid to experiment with generic alternatives. You might be surprised at how good they taste!

Bulk Up on Savings (Smartly)
Buying in bulk can be a great way to save money on staples like rice, beans, and pasta, especially if you have the storage space. However, bulk buying is only frugal if you'll use everything before it expires. Consider splitting bulk purchases with friends or family to avoid waste.

The Coupon Crusader
Don't underestimate the power of coupons! Clip coupons from grocery store circulars, search for online coupons, and utilize cashback apps to maximize your savings. Every penny counts!

Beyond the Coupons Additional Grocery Hacks for the Frugal Fanatic

Befriend the Freezer Aisle
Frozen fruits and vegetables are a budget-friendly and healthy option. They are flash-frozen at their peak freshness, locking in nutrients. Stock up on frozen produce when it's on sale and incorporate it into your meals throughout the week.

Leftovers are Lifesavers
Plan meals with leftovers in mind. Leftovers can be transformed into creative lunches or quick dinners the next day, reducing food waste and saving you money on additional groceries.

Waste Not, Want Not
Get creative with using up leftover ingredients before they spoil. There are many online resources and cookbooks dedicated to utilizing leftover ingredients to create delicious meals.

By incorporating these grocery shopping hacks into your routine, you'll be well on your way to becoming a supermarket superhero, saving money and fueling your healthy lifestyle without sacrificing flavor or variety! Stay tuned as we explore more categories in the frugal living world, from budget-friendly entertainment to saving on utilities. The journey to financial freedom awaits!

Conquering the grocery aisle was a fantastic first step! Now, let's tackle the entertainment category. Who says fun has to be expensive? With a little creativity and resourcefulness, you can experience joy and excitement without breaking the bank. Let's explore some budget-friendly entertainment ideas that will keep you entertained without draining your wallet.

Entertainment on a Budget Unleashing Your Inner Adventurer (Without Spending a Fortune)

Embrace the Great Outdoors
Nature provides a wealth of free entertainment options. Explore local parks, hiking trails, or bike paths. Have a picnic lunch in a scenic spot, go stargazing on a clear night, or simply relax in your backyard and enjoy the fresh air.

Become a Library Lover
Your local library is a treasure trove of free entertainment! Borrow books, audiobooks, DVDs, and even video games (depending on the library). Many libraries also host free events like author talks, movie screenings, and workshops.

Free (and Fun!) Community Events
Cities and towns often host free or low-cost events throughout the year. Check local listings for festivals, concerts, art shows, or cultural celebrations. You might be surprised by the hidden gems in your own community!

Frugal Fun at Home Bonding with Friends and Family (Without the Price Tag)

Game Night Extravaganza
Dust off those board games or card decks and host a game night with

friends and family. It's a fun and social way to spend an evening without spending a lot of money. You can even set a potluck theme for snacks and drinks to share.

Movie Nights Under the Stars

Who needs a fancy cinema when you have your own backyard (or living room)? Set up a projector and screen, string some fairy lights for ambiance, and pop some popcorn for a cozy movie night under the stars (or indoors, depending on the weather).

DIY Crafts and Activities

Get crafty with friends and family! There are endless online resources for DIY projects, from making your own decorations to learning a new skill like painting or knitting. You can even have a "craft swap" where everyone brings something they've made to exchange.

Remember, the best entertainment often involves spending quality time with loved ones, exploring new things, and creating lasting memories. By embracing these budget-friendly options, you can inject excitement into your life without feeling the financial pinch. Stay tuned as we continue our journey into the world of frugal living, exploring ways to save on utilities and transportation in the next sections.

Entertainment on a budget is a win! Now, let's shift gears and explore transportation – how to get where you need to go without blowing your budget on gas or expensive fares. Buckle up, frugal fanatics, because we're about to unleash some fuel-efficient strategies to keep your wallet happy and your wanderlust satisfied!

Transportation Transformation Mastering the Art of Moving on a Budget

Let's face it, gas prices can leave a dent in your wallet. But fear not! Here are some clever ways to save money while navigating your daily commute or weekend adventures.

The Power of Public Transportation
If readily available, public transportation is a budget-friendly and eco-conscious way to get around. Consider purchasing a monthly pass for frequent riders to maximize savings. Explore options like buses, trains, or subways – you might be surprised at how convenient and affordable they can be!

Embrace the Two-Wheeled Revolution
Biking is a fantastic way to save money on gas and parking, while also getting some exercise and enjoying the fresh air. If distances are manageable, consider cycling as your primary mode of transportation for short trips.

Carpool Companionship
Commuting to work alone? Find colleagues who live nearby and carpool to share gas and parking expenses. Carpooling can also be a fun way to socialize and make your commute more enjoyable.

Ridesharing with Smarts
While not always the cheapest option, ridesharing services can be a budget-friendly alternative to taxis, especially if you split the fare with friends. Utilize ride-sharing apps strategically, looking for promotions and carpool options to get the best deals.

Beyond the Vehicle Frugal Footwork and Strategic Planning

Walk This Way
Walking is a free, healthy, and eco-friendly way to get around, especially for short distances. Lace up your walking shoes and explore your neighborhood or local park on foot. You might be surprised at what hidden gems you discover!

Planning Pays Off
Consolidate errands and appointments into one trip whenever possible to minimize the number of journeys you need to take. A little strategic planning can significantly reduce your overall transportation expenses.

Utilize Technology for Savings
Many navigation apps offer features like traffic updates and fuel-efficient route suggestions. Utilize these tools to plan the most efficient route for your trip, saving you time and gas money.

By incorporating these transportation hacks into your routine, you'll transform yourself from a gas-guzzling commuter into a budget-savvy navigator. Remember, the journey is just as important as the destination, so enjoy the ride (without breaking the bank) as you explore your city or venture further afield. Stay tuned for the next chapter in our frugal living journey, where we'll delve into the world of utilities and discover ways to save money on your energy bills!

Now, let's turn our attention to utilities – those monthly bills that seem to mysteriously drain your bank account. Fear not, frugal warriors! By adopting some smart habits and making a few adjustments around the house, you can become a utility bill-busting ninja and keep more money in your pocket.

Taming the Utility Monster Smart Habits for a Frugal Home

Here are some key strategies to reduce your utility consumption and keep those monthly bills under control.

Embrace the Power of Efficiency
Invest in energy-efficient appliances whenever possible. Look for the Energy Star label when purchasing new electronics – these appliances might have a higher upfront cost but will save you money on your energy bills in the long run.

Lighten Up – Literally
Switching to LED light bulbs is a simple and effective way to save on your electricity bill. LED bulbs use significantly less energy than traditional incandescent bulbs and last much longer.

Unplug the Energy Vampires
Even electronics in standby mode consume energy. Make it a habit to unplug chargers, appliances, and electronics you're not actively using. Consider using power strips with on/off switches for added convenience.

Thermostat Tweaks
Heating and cooling your home accounts for a significant portion of your energy bill. Adjust your thermostat a few degrees higher in the summer and lower in the winter. Utilizing programmable thermostats can further optimize your heating and cooling schedule.

Embrace the Great Indoors (When Weather Permits)
Take advantage of natural light during the day by opening curtains and blinds. When weather permits, air-dry clothes outdoors instead of using the dryer.

Beyond the Basics
Additional Hacks for the Frugal Homeowner

Seal the Leaks
Drafty windows and doors can significantly increase your energy consumption. Caulk any leaks and consider adding weather stripping around windows and doors to keep the conditioned air inside.

Shower Power
Long, hot showers are a luxury we can sometimes cut back on. Opt for shorter showers and consider installing a low-flow showerhead to reduce water usage.

Full Loads Only
When it comes to laundry and dishwashing, wait until you have a full load before running the appliances. This will save you water and energy in the long run.

Kitchen Hacks
Cover pots and pans while cooking to trap heat and reduce cooking time. Defrost frozen food in the refrigerator instead of using the microwave to save energy.

By implementing these utility-saving hacks, you'll be well on your way to becoming a master of your energy consumption. Remember, every little bit counts! The more mindful you are about your energy usage, the more significant the impact on your wallet and the environment. Stay tuned for the final chapter in our frugal living journey, where we'll explore some general tips and resources to empower you on your path to financial freedom!

We've conquered the grocery

aisles, explored budget-friendly entertainment options, navigated transportation on a dime, and even tamed the utility monster! Now, let's equip you with some general frugal living tips and resources to truly empower you on your path to financial freedom. Remember, frugality is a journey, not a destination. By incorporating these habits and exploring additional resources, you'll become a master of your money and unlock a world of financial possibilities.

General Tips for the Frugal Mastermind

The 30-Day Rule
Before making a non-essential purchase, implement the 30-day rule. Wait 30 days after the initial urge to buy something. Often, the impulse will subside, and you'll realize you don't need the item after all. This simple rule can help you avoid unnecessary spending.

The Power of DIY
Consider tackling small repairs or DIY projects yourself instead of hiring a professional. There are countless online tutorials and resources available to guide you through almost any project. From fixing a leaky faucet to painting your own furniture, a little DIY spirit can save you significant bucks.

Declutter and De-stash
Regularly declutter your belongings and sell items you no longer need online or through consignment shops. Giving unused items a second life not only declutters your space but also puts some extra cash in your pocket.

Embrace the "Freecycle" Movement
Many online communities and apps facilitate the exchange of unwanted items for free. This is a fantastic way to acquire things you need without spending a dime.

Embrace the Library (Again!)
Your local library is a treasure trove of resources beyond just books. Many libraries offer free access to ebooks, audiobooks, movies, music, and even online courses. Take advantage of these free resources to learn new skills, entertain yourself, or even further your education – all without breaking the bank.

Fuel Your Frugal Journey Additional Resources

Frugal Living Blogs and YouTube Channels
There's a wealth of information available online! Explore popular frugal living blogs and Youtube channels for inspiration, tips, and creative hacks to stretch your dollar further.

Budgeting Apps and Tools
Utilize budgeting apps and tools to track your income and expenses. Gaining a clear picture of your spending habits is crucial for making informed financial decisions. Many budgeting apps offer features like goal setting, bill reminders, and helpful visualizations to keep you on track.

Embrace the "Free" and "Low-Cost" Events
Many communities offer free or low-cost events throughout the year. From museum days with free admission to outdoor concerts or cultural celebrations, there are plenty of ways to have fun and enrich your life without spending a fortune.

Frugal living is about making smart choices and adopting a mindful approach to your finances. It's not about sacrificing all enjoyment in life, but rather finding creative ways to experience the world and achieve your goals without going broke.
By incorporating these tips and resources into your lifestyle, you'll be well on your way to becoming a financial superhero, living large on a lean budget, and achieving financial freedom!

spend $10
get $5
OFF
Minimum purchase
worth of
Select Varieties
25% OFF
RETAIL
50%
fashion tops &
4-16, boys
50% off*
BUY
SAVE

LOVING ALL THINGS

Louisa Khovanski

IG @louisakhovanski

Photographer Louisa Khovanski | @khovanskiphotography
PR LSA | @leo.alderman @lsapublications

MAGDOWNLOAD.ORG

FREE DOWNLOAD

LATEST MAGAZINES

HIGH QUALITY TRUE-PDF

MAGDOWNLOAD.ORG

Can you tell us a bit about yourself? My name is Louisa and I am an Instagram model, photographer, YouTuber, blogger, and since June 2024 Twitch streamer. I started my career in 2019 and since that time I have done a lot of different projects in the social media world. Right now I have 5 million people following me on Instagram, which is very exciting for me. Originally I am from Ukraine, but since the war started in my country and my hometown was occupied by Russians I moved to Canada and now I'm going through an immigration process. The last few years were very stressful for me, full of anxiety and very disturbing thoughts. When I came to this life I had nothing, my family was very poor and we lived in a place that, people say, was a horse stable in the past. I worked very hard on many jobs, got a master's degree at university, started my photography business, and later my social media career. I became successful and then lost everything, because of war. I moved to Canada with my cat, backpack with a camera, and one bag of clothes. I started my life from scratch in a foreign country and I must say immigration is a very hard process. I am very thankful to Canada and its people for all the hospitality. During two years Canada became my new home and I love it. I love Canadian people, they are the kindest I ever saw. I enjoy the modern tolerant society here which, I believe, I became a part of. I am doing my best to stay here and I hope that I will not need to start again from scratch.

What's one thing about yourself that your fans might be surprised to learn? I am very much a homebody, I don't like crowded places and loud noises. I would prefer to stay at home and play board games with friends, instead of visiting some nightclub. Everybody knows that I love horror, but not everybody knows that I also adore cartoons, especially in wintertime. I sleep under a warm blanket even in summer, my feet are always cold.

If you could choose one word to describe yourself what would it be, and why? Groovy - well all because I love the Evil Dead series so much.

How would you describe your personal style, and how has it evolved over the years? I always was in front of female beauty, curves, and sexual attractiveness. These things inspire me a lot in my work, not only as a model but as a photographer as well. Besides that, I love the 80s, horrors, and different folklore. If you follow my blogs, you will see how often my pictures or videos are inspired by one of these topics and how interesting can be a mix of all of them.

What does freedom of self-expression mean to you? It means everything, but unfortunately, it is so hard to reach, I would say almost impossible. Nowadays social media world has become very strict and unpredictable in the meaning of its algorithms and policies. I value freedom of self-expression as the only way to create real art, but I am a hostage of algorithms, trends, and standards.

What are your go-to fashion and beauty essentials for a day of shooting or travel? I love investing in my skin. I am 31 years old and I hope to look 31 until I am 50.

Could you share some of your top travel tips for your followers? Don't be afraid to go to unpopular places, you never know where you will find your gem. I have such a story about Croatia, which I visited accidentally during the COVID-19 pandemic and fell absolutely in love with Croatia's nature, cities, and flavor. I would love to visit Macedonia, Slovenia, Latvia, etc. I don't know much about these countries, but I am sure it will be very cool adventure.

What are your favorite ways to unwind and relax when you're not working or traveling? I love to go camping and hiking. Canadian nature is so impressive and unique. I have a dream now to buy an inflatable tent with two rooms and go for cool winter camping for a few days during the strong snow storm, that would be really cool.

Are there any particular hobbies or interests outside of your influencer work that you're passionate about? I love literature a lot, don't be surprised, but I have a master's degree in Ukrainian language and literature. I love to read absolutely different types of books and I wish I could have more time for this. I love drawing and creating stories. Who knows, maybe I will write a book in the future. But only after finishing the scenario for my horror visual novel.

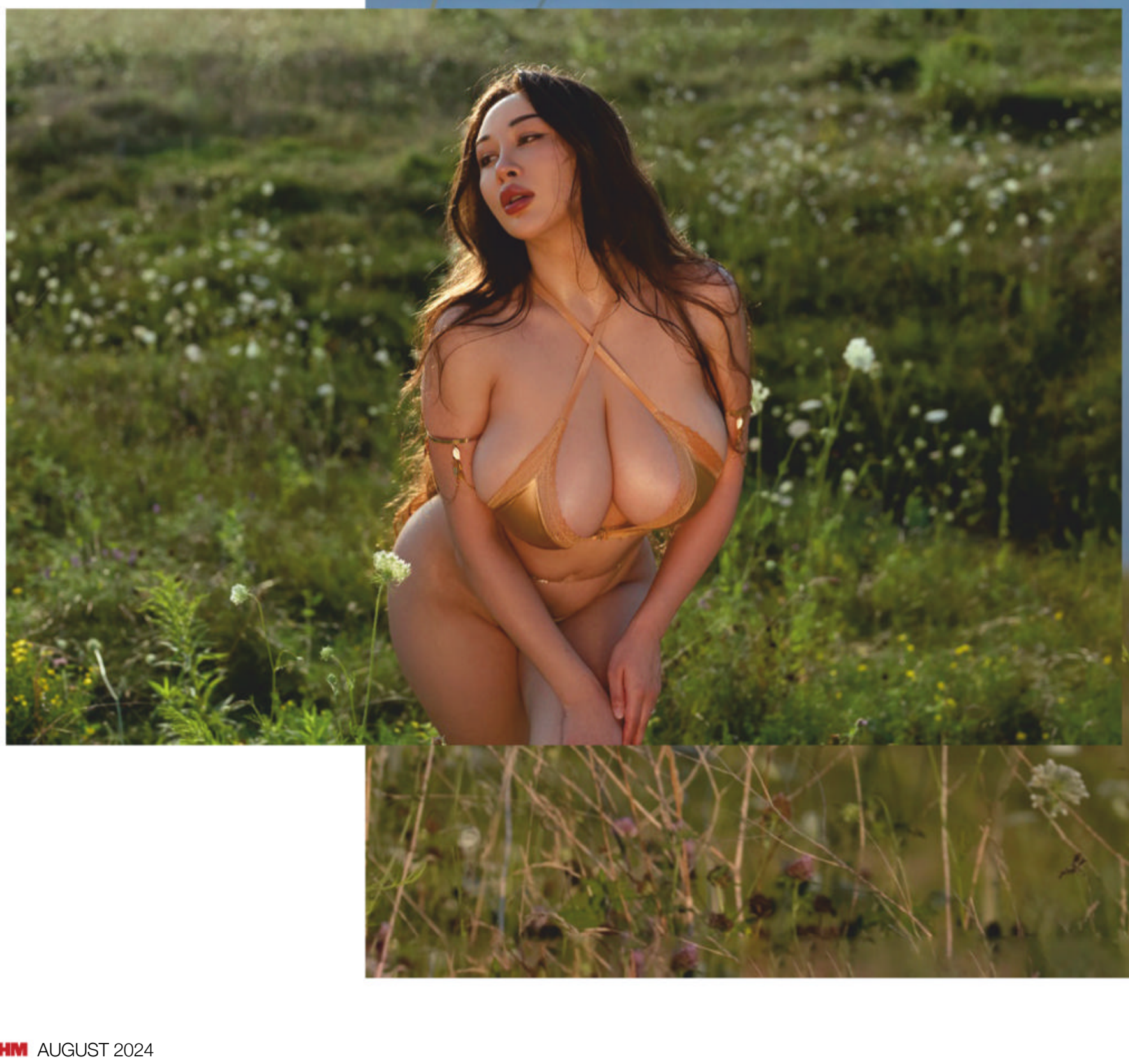
What's the most memorable date you've ever been on, and what made it stand out? Once I was on a date at a cemetery and it was very creepy there, but also very exciting. Definitely not a stereotypical place to go for a date, but I enjoyed it a lot. Highly recommend you try.

Can you share any exciting upcoming projects or collaborations you're involved in? I am very excited to release my digital novel. It will be a mystical detective with elements of horror, but it is far from the final result at this moment. However, I want to release a demo version of the game

in 2025. This project means a lot to me, it is my dream project now and I want it to be perfect as I imagined it from the beginning.

If you had to give your followers one piece of advice for leading a stylish and fulfilling life, what would it be? Don't give up very easily. If you fail in something, work on mistakes and give it a few more tries. I failed so many times but I kept trying different things and found ways that led me to where I am now.

Thanks so much for your time, Where can our readers follow you on social to stay updated on what you're up to? I would be happy if you could follow me on my Instagram @louisakhovanski or my YouTube channel @louisakhovanski, also don't forget to watch my streams on Twitch. Who knows, maybe we can become friends! Thank you so much and take care.



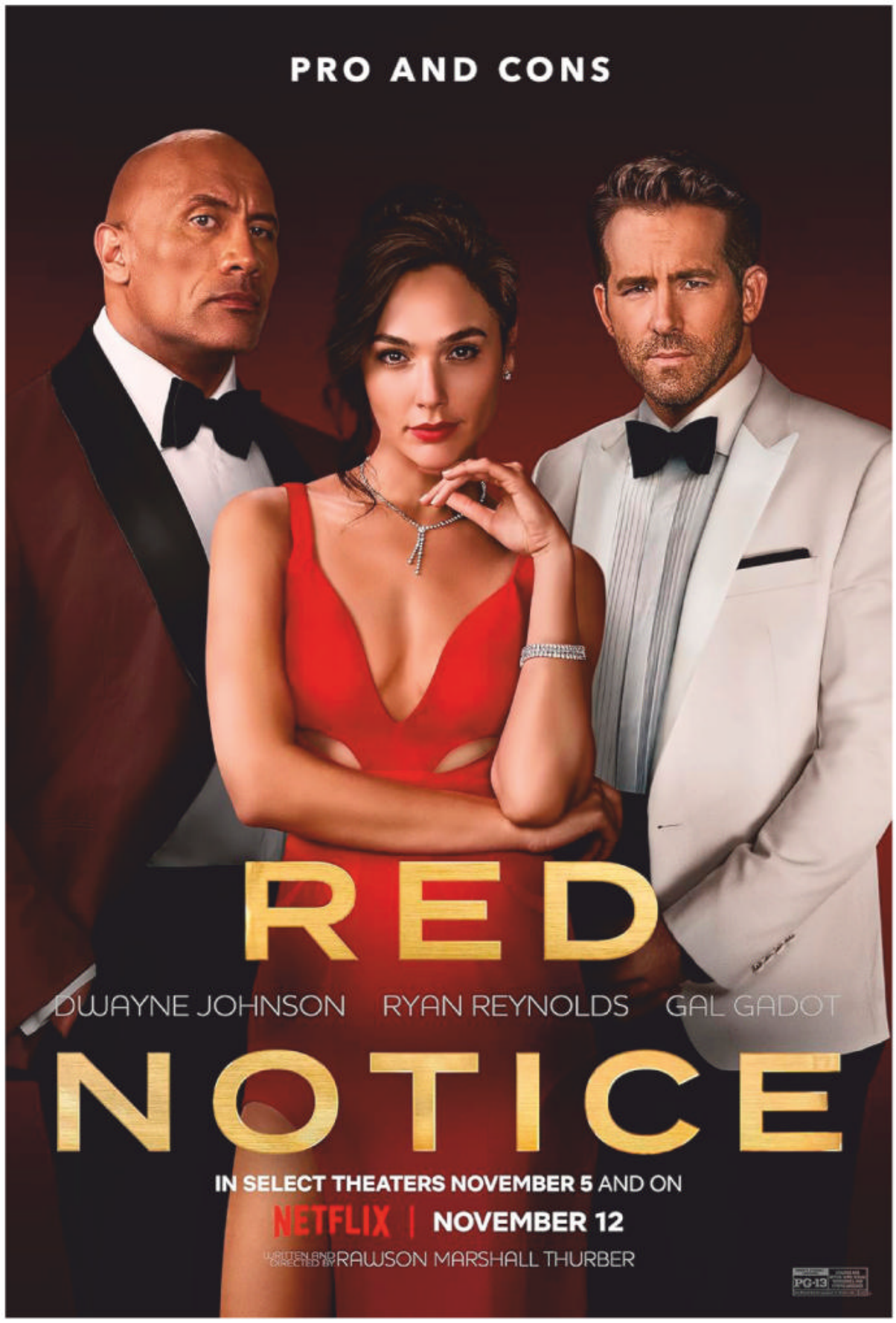
NETFLIX & CHILL

Unveiling 8 of the most-watched flicks on Netflix

Netflix, the streaming giant, has revolutionized the way we watch movies. But with a seemingly endless library of content, which films have truly captured the hearts (and eyeballs) of viewers worldwide? This article dives into the captivating world of Netflix viewership statistics, revealing the most popular movies that have dominated the streaming platform. From laugh-out-loud comedies to edge-of-your-seat thrillers, get ready to discover the films that have resonated most with Netflix audiences.

Now that we've set the stage, let's delve into the captivating world of Netflix's most-watched movies! Keep in mind that viewership data can fluctuate, but this list compiles some of the films that have consistently garnered high viewership numbers.

OUTER BANKS
MARE FUORI
TRAVELERS
LA CASA DI CARTA
FRIENDS
HAUNTING
OZARK
GoodDoctor
DAHMER
DESIGNATED SURVIVOR
BLOODLINE
SUITS
TEENAGE BOUNTY HUNTERS
command
option



Red Notice (2021)

A High-Octane Heist with a Star-Studded Cast

An action-comedy film directed by Rawson Marshall Thurber and written by Thurber and Ryan Reynolds. It boasts a star-studded cast featuring Dwayne "The Rock" Johnson, Ryan Reynolds, and Gal Gadot, who bring their signature charm and action-hero personas to the story.

The Plot Thickens

The film opens with John Hartley, on the hunt for a priceless artifact – one of Cleopatra's three bejeweled eggs. His investigation leads him to a luxurious resort in Bali, where he stumbles upon Nolan Booth, notorious art thief. However, Booth isn't celebrating a successful heist; he's being pursued by Interpol agents, including Agent Urvashi Das (Ritu Arya).

A Twist of Fate (and Handcuffs)

A chaotic fight ensues, and in an unexpected turn of events, Hartley ends up handcuffed to Booth. While their initial encounters are filled with witty banter and clashing personalities, they have a common enemy in The Bishop, who also desires the Cleopatra Eggs. Hartley proposes a temporary alliance with Booth, offering to help him evade capture and clear his name in exchange for assistance in apprehending The Bishop.

A Global Chase and Double-Crosses

The unlikely duo embarks on a globe-trotting adventure, following leads from Rome to Egypt, encountering booby-traps, high-speed chases, and thrilling action sequences. As they get closer to the artifact, their partnership is tested by suspicion and double-crosses. The question remains: Can they trust each other long enough to capture The Bishop and secure the Cleopatra Eggs?

Comedy, Action, and a Hint of Romance

While the film is primarily an action-comedy, it also features a dash of romance. There's a playful tension between Hartley and The Bishop, while Booth's charming personality might lead to unexpected connections.

Red Notice is a fast-paced and entertaining film that keeps viewers guessing until the very end. The chemistry between the leads is undeniable, and the action sequences are thrilling and visually stunning. It's a perfect blend of action, humor, and intrigue, making it a crowd-pleasing choice for movie night.

Don’t Look Up (2021)

A Darkly Comic Look at Doomsday Denial

A satirical black comedy film written and directed by Adam McKay. It features a star-studded cast led by Leonardo DiCaprio and Jennifer Lawrence, tackling a story that blends dark humor with social commentary on societal apathy and the perils of misinformation.

The Impending Doom

Graduate student Kate Dibiasky (Jennifer Lawrence) and her astronomy professor, Dr. Randall Mindy (Leonardo DiCaprio), make a shocking discovery: a giant comet is hurtling towards Earth on a collision course that will cause a planet-destroying impact in just six months.

Spreading the News (and Facing Denial)

Desperate to warn humanity, Kate and Dr. Mindy embark on a media frenzy. They appear on the morning show “The Daily Rip” hosted by overly perky Bree Tanner (Cate Blanchett) and her vapid co-host, Jack Riley (Tyler Perry). However, their message of impending doom falls on deaf ears. The media focuses on sensationalizing the story and generating clicks rather than taking the threat seriously.

A Divided Nation

The public reaction is a mixed bag. Conspiracy theorists emerge, claiming the comet is a hoax. President Janie Orlean (Meryl Streep), more concerned with her re-election campaign and public image, downplays the threat. Tech billionaire Peter Isherwell (Mark Rylance) sees the comet as an opportunity for profit, proposing a ludicrous deflection plan.

Frustration and Moral Dilemma

As days turn into weeks, Kate and Dr. Mindy grow increasingly frustrated by humanity’s apathy and the media’s refusal to take the threat seriously. Their personal lives suffer, and they grapple with the ethical dilemma of whether to maintain hope or succumb to despair.

Facing the Inevitable

As the comet gets closer, the truth becomes undeniable. People finally start to accept their fate. Kate and Dr. Mindy, having exhausted all their options, offer a final message of unity and acceptance in the face of an unavoidable tragedy.

Don’t Look Up is a film that will make you laugh and think at the same time. It’s a thought-provoking social commentary disguised as a dark comedy, forcing viewers to confront issues like denial, media manipulation, and the fragility of human existence.

Bird Box (2018)

A Blindfolded Journey Through Terror

A post-apocalyptic thriller film directed by Susanne Bier and written by Eric Heisserer, based on the 2014 novel of the same name by Josh Malerman. The film stars Sandra Bullock in a powerful performance, leading a blindfolded journey for survival in a world ravaged by an unseen entity.

A Mysterious Threat

The film opens with a sense of unease. Malorie Hayes (Sandra Bullock) is heavily pregnant and preparing for an unknown threat. News reports hint at mass suicides spreading across the globe, but the cause remains unclear.

Encountering the Unseen

Malorie witnesses a terrifying event that leaves her traumatized. It's heavily implied that those who look upon a certain entity are driven to madness and suicide. Facing this unseen horror, Malorie escapes with her sister, Jessica (Sarah Paulson), seeking refuge in a safe house.

Survival with a Blindfold

Five years later, Malorie, now a single mother to two young children unseen in flashbacks (played by Julian Edwards and Vivien Lyra Blair), decides it's too dangerous to remain at the safe house. Armed with cryptic clues from other survivors and a determined spirit, she embarks on a perilous journey downstream with her children, blindfolded, to reach a rumored sanctuary.

Navigating by Sound and Trust

Their journey is fraught with danger. The children, named only Boy and Girl throughout the film, must rely on Malorie's guidance and their other senses to navigate the treacherous river and surrounding environment. The ever-present threat of the unseen entity and the constant fear of accidentally removing their blindfolds create a constant atmosphere of suspense.

Encountering Other Survivors

Along the way, Malorie and the children encounter other survivors faced with difficult choices. Some prioritize survival at any cost, while others cling to hope and compassion. These encounters highlight the impact of the unseen threat on humanity, exposing the potential for both fear-driven desperation and resilience in the face of the unknown.

Bird Box is a film that explores themes of fear, the importance of sight, and the strength of the maternal bond. The unique concept of relying on senses other than sight creates a gripping and suspenseful experience. Sandra Bullock's powerful performance anchors the film, making Malorie's journey for survival both terrifying and ultimately hopeful.

The Irishman (2019)

A Haunting Chronicle of a Life in the Mob

Directed by legendary filmmaker Martin Scorsese, is a sprawling epic crime drama based on the book "I Heard You Paint Houses" by Charles Brandt. It explores the life of Frank Sheeran (Robert De Niro), a World War II veteran who becomes a skilled hitman for the Bufalino crime family and his entanglement with the powerful Teamsters union leader Jimmy Hoffa (Al Pacino). The film utilizes de-aging technology to portray the characters across various ages, creating a visually and narratively ambitious experience.

A Life Unraveled in Retrospect

The film opens with an elderly Frank Sheeran residing in a nursing home, reflecting on his life. He confesses his involvement in the disappearance of Jimmy Hoffa, setting the stage for a long and complex flashback. Through Frank's narration, we witness his journey from a World War II soldier to a truck driver and eventually a hitman for Russell Bufalino (Joe Pesci), a soft-spoken yet ruthless mob boss.

Entangled with the Bufalino Family

Frank's connection to the Bufalino family is facilitated by lawyer Bill Bufalino (Ray Romano), Russell's cousin. He starts by performing small tasks, gradually gaining trust and becoming involved in more serious criminal activities, including eliminating rivals and intimidating those who cross the mob.

A Complex Relationship with Jimmy Hoffa

Frank develops a close yet complicated relationship with Jimmy Hoffa, the powerful and often-volatile leader of the Teamsters union. He serves as Hoffa's bodyguard and confidante, carrying out tasks that blur the lines between union politics and organized crime. Their relationship is fraught with tension, fuelled by Hoffa's growing paranoia and a potential power struggle brewing within the union.

Moral Conflict and the Haunting Past

As the story progresses, Frank becomes increasingly haunted by his actions and the violence he has inflicted. He witnesses the destruction it leaves on the lives of others and grapples with his own sense of morality. The film explores the weight of a life spent in the underworld, forcing Frank to confront his past choices and the consequences they have brought.

The Irishman is a masterfully crafted film that transcends the genre of gangster movies. It's a meditation on aging, loyalty, the cost of violence, and the enduring power of regret. The performances are outstanding, and the film's visual storytelling is captivating, making it a must-watch for fans of mob dramas and Scorsese's work.

Extraction (2020)

A High-Octane Rescue Mission with a Haunted Hero

Directed by Sam Hargrave and written by Joe Russo, is an action-packed thriller film that blends heart-pounding stunts with a gritty story of redemption. Chris Hemsworth delivers a powerful performance as Tyler Rake, a black-market mercenary haunted by his past who takes on a daring mission in a war-torn city.

A Reluctant Hero Burdened by Guilt

Tyler Rake is a skilled mercenary, known for his ruthless efficiency in extracting clients from high-risk situations. However, he's haunted by past failures and struggles with alcoholism. When offered a lucrative assignment by a powerful crime lord named Sinha (Pankaj Tripathi), Tyler initially refuses due to the personal toll it might take.

The High-Stakes Mission

Sinha's son, Ovi (Rudhraksh Jaiswal), has been kidnapped by Amir (Priyanshu Painyuli), a ruthless crime lord controlling a lawless city. Desperate to get his son back, Sinha offers Tyler an exorbitant fee to rescue Ovi. After much internal conflict, Tyler accepts the mission, driven by a chance to potentially redeem himself.

A Journey Through a War-Torn Landscape

Tyler assembles a team of skilled mercenaries, including his old partner Saju (Randeep Hooda), but the rescue mission goes awry almost immediately. They face betrayal, intense gunfights, and relentless pursuit through the city's decaying infrastructure. Tyler's skills and resourcefulness are put to the ultimate test as he navigates a hostile environment and protects Ovi from those who want him dead.

A Growing Bond Between Mercenary and Kidnapped

Despite their initial distrust, Tyler and Ovi develop a surprising bond. Ovi is a resourceful teenager desperate to return home, and Tyler becomes a reluctant protector. Their interactions add a layer of emotional depth to the film, showcasing the human cost of violence and the potential for connection even in the most dangerous situations.

A Daring Escape and Blurring Loyalties

As Tyler and Ovi fight their way through the city, alliances shift, and betrayals come to light. The film delivers spectacular action sequences, showcasing intricate gunfights, brutal hand-to-hand combat, and breathtaking stunts. The lines between hero and villain become blurred, forcing Tyler to make difficult choices and confront the ghosts of his past.

Extraction is a visually stunning and action-packed film that will keep you on the edge of your seat. Hemsworth delivers a captivating performance as a flawed hero battling his inner demons. While the plot is straightforward, the film's focus on character development and the themes of redemption and the cost of violence elevate it beyond a typical action movie.

6 Underground (2019)

A Self-Aware Explosion of Action with a Renegade Team

A high-octane action comedy directed by Michael Bay for Netflix. It boasts an impressive cast led by Ryan Reynolds and features his signature blend of humor and action. The film follows a group of disillusioned billionaires who fake their deaths to form a vigilante team fighting for justice.

From Riches to Renegades

Driven by personal tragedies and disillusionment with the world, these six individuals decide to fake their deaths and form a clandestine group known as "The Underground." They utilize their vast wealth, unique skills, and a shared desire to make a difference to fight against corrupt organizations and bring down oppressive regimes.

A Global Mission with Explosions and Laughs

The film follows the team on a globe-trotting mission, tackling high-stakes operations with an over-the-top style that Michael Bay is known for. Expect elaborate car chases, massive explosions, and improbable stunts, all delivered with a healthy dose of self-awareness and humor. Reynolds' quippy narration adds another layer of entertainment, making the film a self-aware and often hilarious take on the action genre.

Beyond the Bullets: Trust and Sacrifice

Despite their unique personalities and motivations, the team members develop a strong sense of camaraderie. They learn to trust each other and face personal sacrifices for a greater good. While the action takes center stage, there's a surprising amount of character development that allows viewers to connect with these unconventional heroes.

Underground (2019) is an action-packed joyride that doesn't take itself too seriously. While the plot might be predictable, the film delivers on its promise of explosive action sequences, witty humor, and a band of unconventional heroes. For fans of Michael Bay's brand of action and Ryan Reynolds' comedic charm, Underground is a film that will not disappoint.

Murder Mystery (2018)

A Lighthearted Whodunit with a Tourist Twist

A comedy film directed by Kyle Newacheck that blends classic murder mystery tropes with slapstick humor and a travelogue backdrop. Starring Adam Sandler and Jennifer Aniston, the film follows a married couple on a European vacation who get entangled in a billionaire's murder investigation.

A Long-Awaited Vacation Turns Deadly

Nick Spitz (Adam Sandler) is a New York City police officer, and Audrey Spitz (Jennifer Aniston) is a hairdresser with a passion for murder mystery novels. For years, Audrey has dreamt of a European vacation, and Nick finally surprises her with a trip to Italy. However, their romantic getaway takes a dramatic turn when they're invited to a lavish yacht party by a wealthy family, the Quince family.

An Enigmatic Host and a Shocking Discovery

The host of the party, Malcolm Quince (Terence Stamp), a charismatic but elderly billionaire, invites Nick and Audrey to participate in a celebratory toast. However, the festivities are cut short when Malcolm is found dead, poisoned and face down in a birthday cake. The glamorous party swiftly turns into a chaotic murder scene.

An Unlikely Detective Duo

Audrey, with her knowledge of murder mysteries gleaned from countless novels, becomes fixated on solving the crime. Nick, initially reluctant, is drawn into the investigation as Audrey's enthusiasm becomes infectious. Together, they form an unlikely detective duo, navigating the unfamiliar territory of international law enforcement and a cast of suspicious characters.

A Cast of Colorful Suspects

The film boasts a colorful cast of potential culprits, each with their own motive and secret. There's Charles Cavendish (Luke Evans), Malcolm's charming but arrogant nephew; Grace Ballard (Gemma Arterton), a mysterious actress with a connection to Malcolm; and various family members with their own financial woes. Nick and Audrey must decipher clues, interview suspects, and navigate cultural differences as they try to unmask the killer.

Humor and Heart amidst the Mystery

Murder Mystery is primarily a comedic film. Sandler and Aniston's comedic chemistry shines through as they bicker, banter, and stumble through their investigation. The film pokes fun at classic whodunit tropes, while also offering a lighthearted take on the cultural clashes between American tourists and European customs. Despite the comedic elements, there's a touch of warmth to the film as it explores themes of marital commitment, shared interests, and finding joy in unexpected adventures.

Murder Mystery (2018) is a fun and lighthearted film perfect for a relaxing movie night. It offers a blend of humor, a charming mystery, and a touch of romance, making it an enjoyable watch for fans of Adam Sandler and Jennifer Aniston's comedic styles.

The Princess Switch (2018)

A Holiday Double Identity Rom-Com

A charming Christmas rom-com directed by Mike Rohl, perfect for getting into the holiday spirit. It stars Vanessa Hudgens in a dual role as a Chicago baker and a look-alike princess who swap places for a chance at love and adventure.

A Look-Alike Twist on the Holiday Hustle

Stacy DeHaven (Vanessa Hudgens) is a talented Chicago baker struggling to get her Christmas cookies featured in a prestigious baking competition. Across the continent, in the fictional kingdom of Belgravia, Princess Margaret (also played by Hudgens) is feeling overwhelmed by her royal duties and yearning for a normal life. Fate intervenes when Margaret encounters Stacy online, discovering their uncanny resemblance.

A Christmastime Switcheroo

On a whim, they decide to switch places for two days. Stacy travels to Belgravia, posing as the princess, and Margaret heads to Chicago to experience life as a regular citizen. Stacy navigates the unfamiliar world of royal etiquette and a potential romance with Prince Edward (Nick Sagar), heir to the Belgravian throne. Meanwhile, Margaret embraces the freedom of anonymity in Chicago and finds herself drawn to Kevin (Sam Palladio), a charming baker who helps her with the competition.

Double Trouble and Holiday Cheer

As expected, hilarious situations arise due to their look-alike charade. Stacy tries to navigate royal protocols while Margaret struggles to keep her true identity a secret in Chicago. Both women encounter challenges and discover hidden depths within themselves. The festive atmosphere of Belgravia and the warmth of the Chicago bakery add to the film's charm.

A Perfect Holiday Rom-Com Blend

The Princess Switch offers a delightful mix of holiday cheer, mistaken identity hijinks, and heartwarming romance. Hudgens shines in her dual role, portraying the contrasting personalities with charm and wit. The film is a heartwarming reminder about the importance of embracing new experiences, following your dreams, and finding love in unexpected places, all wrapped up in a festive holiday package.

The Princess Switch is a delightful holiday rom-com that's perfect for viewers of all ages. It offers a heartwarming story about self-discovery, embracing new opportunities, and the magic of Christmas. With its charming performances, festive atmosphere, and light-hearted humor, The Princess Switch is a guaranteed crowd-pleaser during the holiday season.

TOP 10 SMARTPHONES

to consider in 2024

Choosing the perfect phone can feel like navigating a minefield of specs and features. To help you navigate your options, here's a curated list of 10 top smartphones to consider in 2024, catering to a variety of needs and budgets.

Samsung Galaxy S23 Ultra

Unleash the Powerhouse

The Samsung Galaxy S23 Ultra reigns supreme as the ultimate Android experience for 2024.

• **Processor:** Snapdragon 8 Gen 2, the latest and most powerful chip for smooth performance across demanding apps and multitasking.

• **RAM:** 12GB ensures seamless operation, keeping everything running smoothly.

• **Storage:** Options range from 256GB to a staggering 1TB, providing ample space for photos, videos, and apps.

For photography enthusiasts

• **Display:** A large and immersive 6.8-inch Dynamic AMOLED 2X display boasts a QHD+ resolution (3088 x 1440) for stunning visuals and vibrant colors.

• **Refresh Rate:** The 120Hz refresh rate ensures butter-smooth scrolling and exceptional responsiveness, ideal for gaming and fast-paced tasks.

• **Camera System: The Galaxy S23 Ultra shines brightest here:**

• ***Main Sensor:*** A monstrous 200-megapixel main sensor captures incredibly detailed photos, even in low-light conditions.

• ***Versatility:*** Multiple additional lenses offer a variety of photographic options. Expect a telephoto lens for impressive zoom and an ultrawide lens for capturing expansive landscapes.

Expected Retail Price: The starting price for the base model with 256GB of storage is expected to be around $1,379.99 in the USA.

Google Pixel 8 Pro

AI Powerhouse Meets Camera Magic

The Google Pixel 8 Pro is a compelling contender in the flagship phone market, known for its exceptional camera capabilities and seamless integration with Google services.

• **Processor:** Google Tensor G3 chip leverages cutting-edge AI for impressive performance, enhanced camera features, and a smooth user experience.

• **RAM:** Likely 12GB (to be confirmed) ensures smooth multitasking and handling demanding tasks.

Capture awesome content

• **Camera System:** Expected to be a triple-camera system on the back:

• **Main Sensor:** Rumored to be a powerful 200MP sensor for exceptional detail.

• **Additional Lenses (expected):** Improved ultrawide lens and a telephoto lens for impressive zoom capabilities.

• **Front Camera:** Upgraded with autofocus for sharper selfies.

Expected Retail Price: The starting price is expected to be around $899 in the USA.

Samsung Galaxy S23

Striking a Balance

The Samsung Galaxy S23 offers a balance between performance and affordability, making it a compelling option for those who want a flagship experience without the top-tier price tag of the Ultra model.

- **Processor:** Likely the Snapdragon 8 Gen 2 processor, delivering smooth performance for everyday tasks and most applications.
- **RAM:** Expected to have 8GB of RAM, ensuring good multitasking capabilities.
- **Rear Camera System:** While the exact details are to be confirmed, expect a triple-lens setup with a high-resolution main sensor, an ultrawide lens, and likely a telephoto lens.
- **Front Camera:** A megapixel count to be confirmed, but it should provide good quality for selfies and video calls.

Beautiful display

- **Display Size and Resolution:** Likely a 6.1-inch display with a Full HD+ (2340 x 1080) resolution, offering a vibrant viewing experience.
- **Refresh Rate:** Expected to have a 120Hz refresh rate for smooth scrolling and a responsive user experience.

Expected Retail Price: The starting price for the base model is expected to be around $849 in the USA, offering a more accessible option compared to the S23 Ultra.

Apple iPhone 15 Pro Max

Powerhouse with a Premium Touch (Expected Specs)

The Apple iPhone 15 Pro Max is anticipated to be the crown jewel of Apple's 2024 lineup, boasting top-tier specs and a focus on refined design.

- **Processor:** Apple's next-generation A17 Bionic chip, expected to deliver industry-leading performance for demanding applications, multitasking, and future-proofing.
- **RAM:** Likely 8GB of RAM, ensuring smooth operation and handling heavy workloads.
- **Display Size:** Likely a large 6.7-inch display for an immersive viewing experience.
- **Display Technology:** Expected to be a high-quality Super Retina XDR OLED display, offering exceptional brightness, contrast, and color accuracy.
- **Refresh Rate:** Rumors suggest a 120Hz refresh rate for buttery-smooth scrolling and a more responsive user experience.

Pro camera system

- **Main Sensor:** While the exact megapixel count remains unconfirmed, expect a significant upgrade from the iPhone 14 Pro Max, potentially reaching 48MP or higher for incredibly detailed photos.
- **Additional Lenses:** Likely a triple-lens system with an ultrawide lens and a telephoto lens for versatility in capturing different scenes and zoom capabilities.
- **Video Recording:** Improved video recording features are expected, potentially including support for 8K resolution or higher frame rates.

Expected Retail Price: The iPhone 15 Pro Max is likely to command a premium price tag. Based on past trends, the starting price could be around $1,099 or even higher in the USA.

OnePlus 11

Powerful Performance, Flagship Features (Expected)

The OnePlus 11 is expected to be a strong contender in the flagship phone market, offering powerful performance, a smooth user experience, and a competitive price tag.

• **Processor:** Qualcomm's latest Snapdragon 8 Gen 2 processor delivers top-tier performance for demanding applications, multitasking, and future-proofing.

• **RAM:** Likely 12GB or 16GB of RAM ensures seamless operation and keeps everything running smoothly.

• Display Size: Expected to be a large 6.7-inch display for an immersive viewing experience.

• **Display Technology:** Likely a high-quality AMOLED display offering vibrant colors and deep blacks.

• **Refresh Rate:** A rumored 120Hz refresh rate for butter-smooth scrolling and a more responsive user experience.

Packed with potential (details TBA)

• **Main Sensor:** The exact megapixel count is unconfirmed, but expect a high-resolution sensor capable of capturing sharp and detailed photos.

• **Additional Lenses:** Likely a multi-lens system with an ultrawide lens and potentially a telephoto lens for capturing different scenes and zoom capabilities.

• **Software Enhancements:** OnePlus is known for its camera software optimizations, so expect features like night mode and portrait mode.

Expected Retail Price: The OnePlus 11 is expected to be more affordable than some other flagship phones. The starting price could be around $520 in the USA.

Xiaomi 13 Pro

Powerhouse Camera Meets Premium Design (Expected)

The Xiaomi 13 Pro is shaping up to be a compelling option in the premium smartphone market, offering a powerful camera system, a sleek design, and competitive features.

• **Processor:** Qualcomm's latest Snapdragon 8 Gen 2 processor ensures smooth performance for demanding tasks, multitasking, and future-proofing.

• **RAM:** Likely 8GB or 12GB of RAM keeps everything running smoothly, enabling effortless multitasking.

• **Display:** Expected to be a large and immersive 6.7-inch AMOLED display with a QHD+ resolution (3200 x 1440) for stunning visuals and vibrant colors.

• **Refresh Rate:** A rumored 120Hz refresh rate provides butter-smooth scrolling and a more responsive user experience, ideal for gaming and fast-paced tasks.

Leica-branded camera (details TBA)

• **Main Sensor:** The exact megapixel count is unconfirmed, but rumors suggest a high-resolution sensor (possibly 50MP or higher) co-developed with Leica for exceptional photo quality.

• **Versatility:** A triple or quad-lens system is expected, likely including an ultrawide lens and a telephoto lens for capturing diverse scenes and impressive zoom capabilities.

• **Leica Collaboration:** The partnership with Leica promises improved image processing and potentially unique camera features.

Expected Retail Price: The Xiaomi 13 Pro is expected to be a more affordable option compared to some other flagships. The starting price could be around $799 in the USA.

Asus Zenfone 10

Powerhouse for Less (Expected Specs)

The Asus Zenfone 10 positions itself as a potential value leader in the flagship phone market, offering impressive specs at a competitive price.

• **Processor:** Qualcomm's latest Snapdragon 8 Gen 2 processor delivers top-tier performance for demanding applications, multitasking, and future-proofing.

• **RAM:** Options likely range from 8GB to 16GB of RAM, ensuring smooth operation and handling heavy workloads.

• **Display Size:** Expected to be a 5.9-inch AMOLED display for a comfortable size and vibrant visuals.

• **Resolution:** Likely a Full HD+ (2400 x 1080) resolution offering a sharp viewing experience.

• **Refresh Rate:** Rumors suggest a 144Hz refresh rate for exceptionally smooth scrolling and a great gaming experience (potentially software-limited).

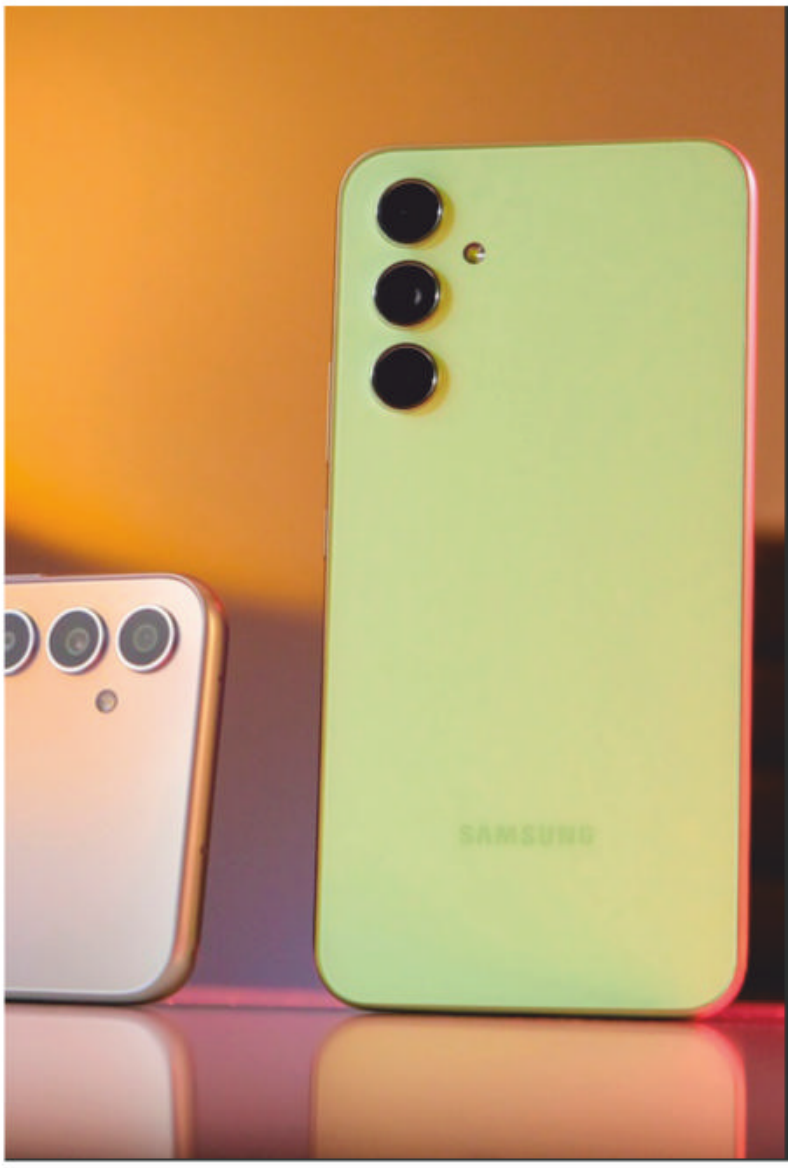
Camera system (details TBA)

• **Main Sensor:** The exact megapixel count remains unconfirmed, but expect a high-resolution sensor capable of capturing detailed photos.

• **Additional Lenses:** Likely a multi-lens system with an ultrawide lens and potentially a telephoto lens for capturing diverse scenes and zoom capabilities.

• **Software Enhancements:** Asus is known for its camera software optimizations, so expect features like night mode and portrait mode.

Expected Retail Price: The Asus Zenfone 10 is expected to be more affordable than some other flagship phones. The starting price could be around $614 in the USA.



Samsung Galaxy A54

Mid-Range Powerhouse (Expected Specs)

The Samsung Galaxy A54 caters to users seeking a balance between performance and affordability within Samsung's A series.

• **Processor:** Likely the mid-range Exynos 1380 processor, delivering smooth performance for everyday tasks and most applications.

• **RAM:** Expected to have 6GB or 8GB of RAM, ensuring good multitasking for most users.

• **Display Size:** Likely a 6.4-inch Super AMOLED display for a large viewing area and vibrant colors.

• **Resolution:** Expected to be Full HD+ (2340 x 1080) resolution, offering a sharp viewing experience.

• **Refresh Rate:** A 120Hz refresh rate is rumored, providing smooth scrolling and a responsive user experience.

Solid system

• **Rear Camera System:** Likely a triple-lens setup with a high-resolution main sensor (possibly 50MP), an ultrawide lens, and potentially a depth sensor for portrait mode.

• **Front Camera:** A megapixel count to be confirmed, but it should provide good quality for selfies and video calls.

Expected Retail Price: The Samsung Galaxy A54 is expected to be a mid-range option. The starting price could be around $399 in the USA.

Realme GT Neo 5

Balancing Power and Speed (Expected Specs)

The Realme GT Neo 5 positions itself as a strong contender in the upper-mid-range segment, offering impressive performance and fast charging at a competitive price.

- **Processor:** Likely the powerful Snapdragon 8+ Gen 1 processor, delivering smooth performance for demanding tasks, multitasking, and future-proofing.
- **RAM:** Options could range from 8GB to 16GB, ensuring smooth operation and handling heavy workloads.
- **Display Size:** Likely a large 6.7-inch AMOLED display for an immersive viewing experience.
- **Resolution:** Expected to be Full HD+ (2400 x 1080) or potentially QHD+ (3200 x 1440) for a sharp and vibrant viewing experience.
- **Refresh Rate:** A 120Hz refresh rate is rumored, providing butter-smooth scrolling and a great gaming experience.

Camera system (details TBA)

- **Main Sensor:** The exact megapixel count remains unconfirmed, but expect a high-resolution sensor (possibly 50MP or higher) capable of capturing detailed photos.
- **Additional Lenses:** Likely a triple-lens system with an ultrawide lens and a telephoto lens (in some models) for capturing diverse scenes and zoom capabilities.
- **Software Enhancements:** Realme is known for its camera software optimizations, so expect features like night mode and portrait mode.

Expected Retail Price:
The Realme GT Neo 5 is expected to be more affordable than some other flagship phones. The starting price could be around $379 in the USA (depending on configuration).

Motorola Edge 40 Fusion

Power and Affordability (Expected Specs)

The Motorola Edge 40 Fusion positions itself as a compelling option in the mid-range segment, offering strong performance and a large display at a competitive price.

- **Processor:** Likely the Qualcomm Snapdragon 8+ Gen 1 processor, delivering smooth performance for everyday tasks, multitasking, and most games.
- **RAM:** Expected to have 8GB of RAM, ensuring good multitasking for most users.
- **Display Size:** A large 6.67-inch or similar display size is rumored, offering a spacious viewing area for movies, games, and browsing.
- **Display Technology:** Expected to be a Color OLED display, providing vibrant colors and good viewing angles.
- **Refresh Rate:** A 144Hz refresh rate is rumored, offering smoother scrolling and a more responsive user experience, especially for gaming.

Triple camera system (details TBA)

- **Main Sensor:** The megapixel count is to be confirmed, but expect a high-resolution main sensor (possibly 50MP or higher) capable of capturing decent photos.
- **Additional Lenses:** Likely a triple-lens system with an ultrawide lens and potentially a depth sensor for portrait mode.
- **Software Enhancements:** Motorola's camera software might offer basic features like night mode.

Expected Retail Price:
The Motorola Edge 40 Fusion is expected to be a mid-range phone with a competitive price. The starting price could be around $499 in the USA.

HIKER MACGYVER

Essential Hacks for the Modern Explorer

Lost on the trail, facing a sudden downpour, or stranded with a broken backpack buckle? Don't panic! The great outdoors can throw unexpected challenges your way, but with a little ingenuity and resourcefulness, you can navigate even the trickiest situations. This guide channels your inner MacGyver, equipping you with clever hacks that transform everyday items in your pack into lifesavers. From building a makeshift fire to purifying water with common plants, we'll show you how to turn a potentially precarious situation into an opportunity to test your skills and emerge a more resourceful adventurer.

Packing Your Gear!

Being prepared for the unexpected is key to surviving and thriving in the outdoors. Here's a deeper dive into the crucial items you should carry, along with the reasoning behind each.

Hiking Backpack
Your Portable Home Base

• **Comfort and Capacity:** A good backpack is an investment in your comfort and safety. Look for one with adjustable suspension straps that distribute weight evenly across your hips and shoulders. Consider the volume (measured in liters) you'll need based on the length of your trip and the amount of gear you plan to carry.
• **Ventilation and Hydration:** Breathable materials like mesh on the back panel allow for airflow, preventing excessive sweating and discomfort. Choose a backpack with a built-in hydration sleeve or compatible attachment points for a hydration bladder, allowing you to easily access water on the go.
• **Durability:** Opt for a backpack made from high-quality, weather-resistant materials like nylon or polyester. Look for reinforced stitching and sturdy zippers to ensure it can withstand even the toughest conditions.

Retailers

• **Osprey Packs:** Known for their innovative suspension systems and comfortable fit. They offer a variety of backpacks for different purposes, from daypacks to multi-day expedition packs. (osprey.com)
• **Kelty Packs:** Another reliable brand offering comfortable and durable backpacks at a good value. They have a wide range of options for day hikes, backpacking trips, and specific activities like climbing. (kelty.com)

Compass and Map
When GPS Fails, Analog Saves

• **GPS Backup:** While GPS technology on your phone can be helpful, it's not always reliable. Batteries can die, and signal can be spotty in remote areas. A compass and map provide a crucial backup navigation system.
• **Map Selection:** Choose a waterproof topographical map of the specific region you'll be exploring. These maps will show you elevation changes, terrain features, and landmarks, allowing you to plan your route and stay oriented.
• **Learning Compass Basics:** Familiarize yourself with how to use a compass to navigate using map bearings and triangulate your location. Many online resources and outdoor stores offer basic compass navigation courses.

Retailers

• **REI Co-op:** REI offers a wide selection of high-quality compasses and waterproof maps for various regions. They also often have workshops and classes on basic map and compass navigation. (rei.com)

Pocket Knife
Your Multi-Tool Companion

• **Versatility is Key:** A good pocket knife offers a variety of functions that can be lifesavers in the outdoors. Look for features like a sharp blade, a can opener, a screwdriver, and a bottle opener. Some knives also come with additional tools like a saw or pliers.
• **Blade Quality:** Choose a knife with a high-quality stainless steel blade that holds its edge well and is easy to sharpen in the field. Consider a locking blade mechanism for safety when using the knife for tougher tasks.
• **Size and Weight:** Select a knife that's comfortable to carry. While a larger knife offers more functionality, a smaller, lighter option might be more practical for everyday use.

Retailers

• **Victorinox:** Renowned for their Swiss Army knives, Victorinox offers a variety of pocket knives with different functions and sizes to suit your needs. They also prioritize quality materials and construction. (victorinox.com)

Durable Clothing and Gear
Dress for the Unexpected

• **Layering System:** The key to staying comfortable outdoors is to pack layers that allow you to adapt to changing weather conditions. A base layer that wicks away sweat, a mid-layer for insulation, and a waterproof outer layer are essential.
• **Material Matters:** Choose quick-drying fabrics like polyester or merino wool. These materials will wick away moisture and dry quickly, preventing hypothermia in wet conditions. Avoid cotton, as it retains moisture and can make you feel cold.
• **Weatherproofing:** Opt for a waterproof outer layer, like a rain jacket or poncho, to shield yourself from rain, wind, and snow. Look for features like sealed seams and a breathable membrane to prevent overheating.

Retailers

• **Patagonia:** Patagonia offers high-quality outdoor apparel made with durable, weather-resistant materials. They prioritize sustainability and ethical practices in their manufacturing process. (patagonia.com)
• **The North Face:** Another leading brand known for their innovative and functional outdoor clothing and gear. They offer a wide range of products for all types of outdoor activities, from hiking to camping to climbing. (thenorthface.com)

Now, Let's MacGyver Our Way Through Some Survival Situations!

The beauty of wilderness exploration lies in the unexpected. While preparation is key, there will be times when you need to think on your feet and utilize your resources creatively. Here's where your inner MacGyver comes into play! We'll delve into some common outdoor challenges and explore clever hacks that transform everyday items in your backpack into survival tools.

Building a Shelter
Quick and Easy Options

• **Leaf Lean-to:** This is a basic but effective shelter option for quick protection from wind and rain. Here's how to build it.

1. Find a sturdy tree with a low-hanging branch.
2. Lean several sturdy sticks against the branch at an angle, creating a sloping frame.
3. Gather large leaves, ferns, or pine boughs.
4. Layer the leaves or boughs densely over the frame, creating a thick insulating layer.

• **Tarp Trick:** Your backpack tarp can be a versatile tool for creating a makeshift shelter. Here are a couple of ideas.

1. A-Frame Tarp Shelter: Find two trees or sturdy sticks spaced several feet apart. Drape the tarp over the sticks, forming an A-frame shape. Secure the ends of the tarp with cordage or rocks. You can dig a small trench around the base of the shelter for added protection from wind and water.
2. Lean-to Tarp Shelter: Locate a sturdy tree or rock face. Tie one end of the tarp high to the tree or secure it to the rock face. Spread the rest of the tarp out on the ground, creating a lean-to shape. Anchor the edges of the tarp with rocks or gear to create a wind barrier.

Making Fire

Friction and Focus

• **Fire Bow Drill:** This classic fire-starting technique requires some practice but is a reliable method once mastered. Here's a breakdown.

1. Gather Materials: Find a dry piece of wood (fireboard) with a flat surface. You'll also need a thin, straight branch (spindle) and dry tinder (easily flammable materials like dry leaves, bark, or wood shavings).
2. Create a Fire Hearth: Clear a small area of debris and create a shallow depression in the fireboard to collect embers.
3. Prepare the Spindle: Sharpen one end of the spindle to a point. Wrap a piece of cordage or vine around the center of the spindle to create a handhold.
4. Start Drilling: Place the pointed end of the spindle in the depression on the fireboard. Hold the fireboard down with one hand and rapidly rub the spindle back and forth between your palms, applying downward pressure.
5. Catching the Spark: The friction will create heat and smoke. Keep adding tinder to the base of the spindle and continue drilling until a glowing ember appears. Gently blow on the ember to create a small flame and gradually add kindling (small sticks) to build your fire.

• **Soda Can Magnifying Glass:** This one utilizes the power of the sun! Here's what you need.

1. Find a Clear Soda Can: Clean and remove any residue from a clear plastic soda can.
2. Sun's Out, Hacks Out: On a sunny day, crumple the plastic can carefully to create a curved, concave shape resembling a magnifying glass.
3. Focus the Sun's Rays: Hold the makeshift magnifying glass at an angle, focusing the sun's rays onto a pile of dry tinder. With a little patience, the tinder should ignite.

Remember: Fire safety is crucial. Only start a fire in a designated area and make sure you can extinguish it properly before leaving.

Homemade Tools for Hunting and Survival: Nature as Your Hardware Store

While venturing into the wilderness with a well-stocked backpack is ideal, there might be situations where you need to improvise tools for hunting and survival using the resources around you. Here are some clever hacks that transform readily available natural materials into functional tools.

Spear Fishing

A Simple But Effective Technique

• **Find a Sturdy Stick:** Look for a straight, strong branch that's about your height or slightly longer. Thicker branches are better for spearing larger fish.

• **Sharpen the Tip:** Use a rock or another sharp object to carefully sharpen one end of the stick to a point. Aim for a clean, pointed tip for better penetration.

• **Harden the Tip (Optional):** If possible, harden the pointed tip of the spear for increased durability. Find a flat rock and build a small fire. Once the fire is hot, carefully hold the tip of the spear in the flames, blackening and hardening the wood. Caution: Use extreme care when handling the hot spear tip.

• **Targeting Your Catch:** This method works best for spearing fish in shallow, clear water where you can spot your target. Aim for the fish's head or body behind the gills for a clean kill.

Snare Traps

Craft with Caution

• **Ethical Considerations:** Before setting any traps, understand and adhere to local hunting regulations and ethical trapping practices. Always prioritize animal welfare.

• **Material Selection:** Look for strong, flexible vines, cordage, or even fishing line (if available). Avoid using materials that could cause unnecessary suffering to the animal.

• **Simple Snare Design:** Create a loop with your chosen material and attach it to a sturdy branch or sapling. Set the loop in a frequented area by small animals, like a game trail or near a water source. The animal will trigger the loop when pushing through, becoming entangled.

• **Trap Monitoring:** Check your snares regularly to minimize the animal's stress. Dispatch the animal humanely if caught.

Fishing Line from Plant Fibers

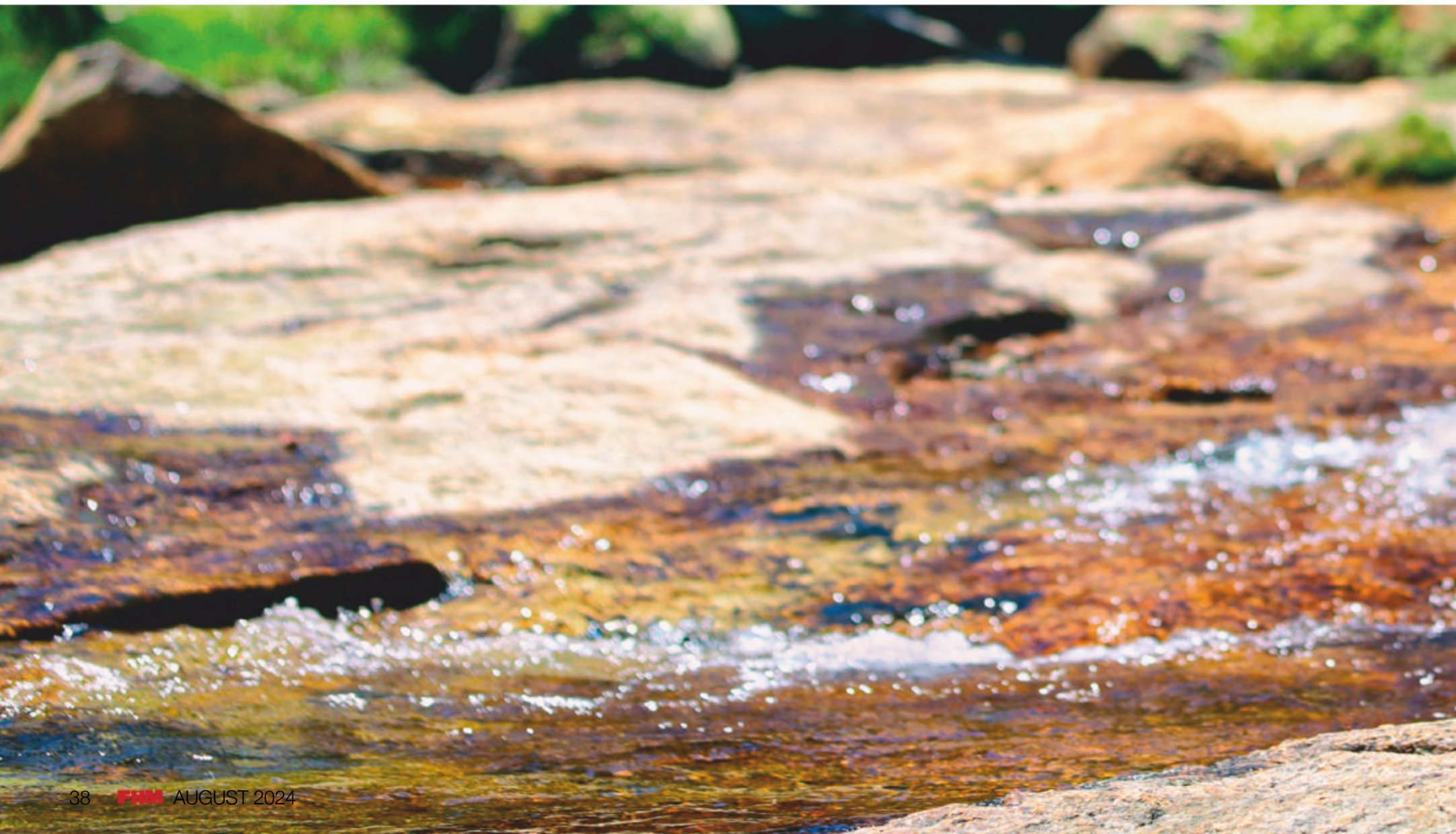
A Natural Alternative

• **Plant Selection:** Certain plants, like nettles, milkweed, or yucca, have strong, fibrous stems that can be processed into makeshift fishing line.

• **Preparation Process:** The exact process will vary depending on the plant, but generally, you'll need to remove the outer bark and soak the inner fibers in water to soften them.

• **Creating the Line:** Once softened, separate the fibers and twist them together to create a thin but strong cord. You might need to experiment with the number of fibers used to achieve the desired thickness and strength.

These homemade tools are for emergency situations only. Always prioritize responsible hunting practices and respect



wildlife. Leave no trace behind when setting traps or gathering materials, and ensure the animal's well-being is a top concern.

By utilizing your resourcefulness and these survival hacks, you can navigate unexpected challenges and emerge from them with a newfound appreciation for your adaptability and the ingenuity of the human spirit.

Safety First Prepare for the Unexpected

Venturing into the wilderness is an exhilarating experience, but prioritizing safety is paramount. Before embarking on your adventure, take steps to mitigate potential risks and ensure a smooth journey. Here are some essential safety measures to remember.

Be Prepared to Communicate

Pack a fully charged emergency phone and a portable power bank to ensure you can call for help if needed. Consider investing in a satellite communicator for situations where cell service might be unavailable.

Plan Your Route and Share It

Always research the area you'll be exploring, familiarize yourself with the terrain using a map and compass, and plan your route accordingly. Before you head out, inform a trusted friend or family member about your trip itinerary, including your planned route, estimated duration, and expected return time.

First-Aid Kit

Pack a well-stocked first-aid kit containing essential supplies to treat minor injuries and illnesses. Consider taking a wilderness first-aid course to enhance your preparedness.

Know Your Surroundings

Research the wildlife in the area you'll be visiting. Learn about potential hazards like poisonous plants or dangerous animals, and take necessary precautions to avoid them.

Be Weather Wise

Check the weather forecast before your trip and pack accordingly. Be prepared for changing weather conditions, and avoid venturing out during times of extreme weather.

By following these safety tips and incorporating the survival hacks throughout this article, you'll be well-equipped to handle the unexpected and make the most of your outdoor adventure.

Remember, the wilderness is a teacher, and unexpected situations are opportunities to learn and grow. Embrace the challenge, stay calm, and don't be afraid to get creative. With a little MacGyver spirit, these survival hacks and the knowledge to use them responsibly, you can transform yourself from an explorer into a resourceful adventurer, ready to tackle whatever the great outdoors throws your way. So, pack your gear, hone your skills, and get out there – the adventure awaits!

SULTRY ELEGANCE

Katie Flowers

IG @TheRealKatieFlowers

Can you give us a bit of a background on your career and where it all started? I started my journey as a relationship coach and sex guru after realizing the significant gap in how people approach intimacy and personal connections. My passion for helping others find fulfillment in their love lives and my own experiences inspired me to dive into this field. Over the years, I've guided countless individuals and couples toward healthier, more satisfying relationships. It's been a rewarding journey, and I'm grateful for every step.

Can you share your daily or weekly self-care rituals? Self-care is essential for maintaining balance, especially in my line of work. Daily, I prioritize meditation and journaling to center myself. I also make time for physical activity, whether yoga, a walk, or a workout session. I indulge in pampering weekly with a spa day or long bath with candles and soothing music. This helps me recharge and stay focused on my goals.

What's your favorite travel destination, and why? My favorite travel destination has to be the Seychelles. The island's serene beauty and rich culture make it a perfect place to unwind and connect with me. There's something about Seychelle's energy that feels incredibly grounding, and I find it a wonderful place to rejuvenate.

What are your favorite ways to unwind and relax while not working or traveling? When I'm not working or traveling, I love reading, practicing yoga, and spending time in nature. I'm also a big fan of cooking and experimenting with new recipes. I love throwing dinner parties and entertaining friends and family! These activities help me unwind and recharge, so I'm ready to give my best in everything I do.

If you could choose one word to describe yourself, what would it be? I am authentic. Everybody else is taken!! I believe in living life on my terms and embracing who I am, flaws and all. It's about being true to myself and not letting anyone else's expectations define me. I do love learning from others and receiving advice.

Could you share some of your top travel tips for your followers? Absolutely! My top travel tip is always to stay curious and open-minded. Explore beyond the usual tourist spots, be bold, and connect with locals. Also, I am not a light packer at all, I like to be prepared for anything and any adventure that comes my way!! Spontaneity is fun!! And finally, always carry a portable charger you never know when you'll need it.

What are your future goals and aspirations? I have a lot of exciting goals ahead! I'm currently working on expanding my brand with new books and workshops focused on relationship empowerment. I'm also exploring collaborations that align with my mission of helping people live boldly and love fully. In the long term, I want to continue growing my platform to reach more people worldwide.

What is the absolute worst thing a man can do to completely put you off? Disrespect and dishonesty are absolute deal-breakers for me. I believe in open, honest communication and mutual respect in any relationship. If a man lacks these qualities, it's an immediate turn-off.

What does freedom of self-expression mean to you? Freedom of self-expression is about being true to yourself and embracing your unique identity without fear or shame. It's about living authentically and not being afraid to stand out or go against the grain. For me, it's essential to express my thoughts, feelings, and desires openly, gently and confidently.

What's one thing about yourself that your fans might be surprised to learn? One surprising thing about me is that I'm an introvert at heart. Despite my public persona and the nature of my work, I deeply value my alone time and use it to recharge and reflect.

What about those crazy DMs you must receive? Care to share a few funny stories regarding those? Oh, the DMs can be wild! I get everything from marriage proposals to requests for advice on the most personal topics. Someone once asked if I could help them "train" their partner let's say that one gave me a good laugh! I appreciate the engagement, and it's always interesting to see what people will come up with.

Can you share any exciting upcoming projects or collaborations you're involved in? I'm thrilled about several projects in the pipeline, including a new book that delves into the complexities of modern relationships. I'm also collaborating with fantastic brands on campaigns aligning with my empowerment mission. Stay tuned there's a lot more to come.

Thanks so much for your time, Where can our readers follow you on social to stay updated on what you're up to? Thank you for having me! Readers can stay updated on Katie Flowers by following me on Instagram @TheRealKatieFlowers and Twitter @KatieFlowersMod. I'm always sharing tips, updates, and some behind-the-scenes fun.

MAGDOWNLOAD.ORG

FREE DOWNLOAD

LATEST MAGAZINES

HIGH QUALITY TRUE-PDF

MAGDOWNLOAD.ORG

GYM BROS

A look at the world's most renowned bodybuilders

The world of bodybuilding is a celebration of physical discipline and the pinnacle of sculpted physiques. Bodybuilders push their bodies to the limit, transforming themselves into marvels of muscle and definition. This article explores ten of the most iconic bodybuilders who have captivated audiences and inspired aspiring physiques around the globe.

10 Most Infamous Bodybuilders

Arnold Schwarzenegger

A household name, Arnold Schwarzenegger transcended bodybuilding to become a Hollywood action star. He won the prestigious Mr. Olympia title a record-breaking seven times.

From Austrian Oak to Hollywood Legend

Arnold Schwarzenegger's journey to bodybuilding stardom began in Thal, Austria, in 1947. Inspired by fitness magazines and the physique of Reg Park (another bodybuilding legend), Arnold started lifting weights at the age of 15. His relentless dedication and training led him to win his first bodybuilding title, Mr. Junior Europe, at 18.

Success Stories

- ***Mr. Olympia:*** Arnold dominated the bodybuilding scene, winning the prestigious Mr. Olympia title a record-breaking seven times (1970-1975, 1980).
- ***Hollywood Stardom:*** Leveraging his physique and charisma, Arnold transitioned to Hollywood, becoming a major action star with films like "Terminator" and "Predator."
- ***Business Acumen:*** Beyond acting, Arnold built a successful business career in real estate and other ventures.

Controversial Stories

- ***Steroid Use:*** While not explicitly admitted, there have been allegations of steroid use in bodybuilding during Arnold's era, which was not as strictly regulated at the time.
- ***Training Intensity:*** Some of Arnold's training methods were considered extreme and potentially risky, pushing the boundaries of physical exertion.

Influence on Bodybuilding

- ***Globalized the Sport:*** Arnold's charisma and Hollywood success brought bodybuilding to a wider audience, inspiring countless individuals worldwide.
- ***Emphasis on Aesthetics:*** He popularized a balanced and aesthetically pleasing physique, alongside raw size and strength.
- ***Motivation and Inspiration:*** Arnold's work ethic, dedication, and positive attitude continue to motivate aspiring bodybuilders and fitness enthusiasts.

Where is He Now?

- ***Semi-Retired:*** While not actively competing or starring in major films, Arnold remains active in fitness, business, and philanthropy.
- ***Environmental Activism:*** He has become a vocal advocate for environmental protection and sustainability.
- ***Legacy:*** Arnold Schwarzenegger remains one of the most iconic figures in bodybuilding history, leaving an undeniable mark on the sport and inspiring generations of athletes and fitness enthusiasts.

Ronnie Coleman

Known for his immense size and strength, Ronnie Coleman dominated the bodybuilding scene in the late 90s and early 2000s, winning the Mr. Olympia title eight consecutive times.

The King of Mass with a Heavy Reign

Ronnie Coleman's path to bodybuilding glory started in Monroe, Louisiana, in 1964. Originally pursuing a career in accounting, Ronnie discovered weightlifting at a local gym and became hooked. His impressive physique and raw strength propelled him into bodybuilding competitions.

Success Stories

- ***Mr. Olympia Domination:*** Ronnie Coleman dominated the bodybuilding scene in the late 90s and early 2000s, securing an unprecedented eight consecutive Mr. Olympia titles (1998-2005).
- ***Unmatched Strength:*** Renowned for his incredible size and brute strength, Ronnie pushed the boundaries of muscularity, inspiring awe and intimidation in equal measure.
- ***Training Philosophy:*** "Yeah Buddy!" became his signature catchphrase, reflecting his relentless and intense training style.

Controversial Stories

- ***Overtraining and Injuries:*** Ronnie's focus on pushing his limits led to severe weightlifting injuries later in life. Some critics argue his training methods prioritized sheer size over long-term health.
- ***Potential Steroid Use:*** As with many top bodybuilders of his era, there have been allegations of steroid use, which wasn't as strictly monitored during his time.

Influence on Bodybuilding

- ***Focus on Size and Strength:*** Ronnie's reign popularized the concept of "mass monsters," emphasizing extreme muscularity and pushing the boundaries of achievable size.
- ***Training Intensity:*** His dedication to intense training methods inspired many, but also sparked debates about responsible training practices.
- ***Shifting Landscape:*** Today, bodybuilding incorporates elements of Ronnie's approach (intensity) but also emphasizes conditioning and aesthetics influenced by other icons.

Where is He Now?

- ***Health Challenges:*** Multiple surgeries have addressed past injuries, impacting Ronnie's mobility.
- ***Advocacy:*** He remains active in the fitness world, promoting a balanced approach to training and injury prevention.
- ***Legacy:*** Ronnie Coleman remains a bodybuilding legend, his dominance and dedication leaving a mark on the sport. However, his legacy also includes a cautionary tale on the importance of balanced training and long-term health.

Lee Haney

With a reputation for incredible symmetry and aesthetics, Lee Haney secured eight Mr. Olympia victories, showcasing the importance of balance alongside muscularity.

The Total Package with an Unmatched Reign

Lee Haney's journey to bodybuilding royalty began in Spartanburg, South Carolina, in 1959. Inspired by mythological figures like Hercules and comic book heroes, Lee developed a fascination with muscular physiques from a young age. At 13, he received a weightlifting set for Christmas, igniting his passion for bodybuilding.

Success Stories

• ***Mr. Olympia Dynasty:*** Lee Haney dominated the 1980s bodybuilding scene, securing an impressive eight consecutive Mr. Olympia titles (1984-1991). This ties him with Arnold Schwarzenegger for the most Mr. Olympia wins of all time.

• ***Aesthetics and Symmetry:*** Lee's physique was known for its incredible balance, proportion, and aesthetics. He showcased a complete package of muscularity and definition, earning him the nickname "The Total Package."

• ***Discipline and Sportsmanship:*** Lee was known for his dedication, clean training practices, and positive attitude throughout his career, setting a high standard for sportsmanship in bodybuilding.

Controversial Stories (Less Controversial Compared to Others)

• ***Era of Transition:*** Lee's reign coincided with a shift between the golden age of bodybuilding (focusing on aesthetics) and the emerging era of extreme mass. Some argue his physique lacked the sheer size seen in later years.

Influence on Bodybuilding

• ***Importance of Symmetry:*** Lee's success re-emphasized the importance of balanced aesthetics alongside muscularity, influencing future generations of bodybuilders.

• ***Clean Training Advocate:*** He championed a dedication to clean training practices and healthy habits, setting a positive example within the sport.

• ***Inspiration for Aspiring Athletes:*** Lee's story inspires bodybuilders to achieve excellence through hard work and dedication, not necessarily relying on the controversies surrounding some competitors.

Where is He Now?

• ***Active in Fitness:*** After retiring from competition, Lee remains active in the fitness world, promoting healthy lifestyles and sportsmanship.

• ***Motivational Speaker:*** He inspires others through motivational speaking and mentorship programs.

• ***Legacy:*** Lee Haney stands as a bodybuilding icon, his dedication to aesthetics, sportsmanship, and clean training leaving a lasting impact on the sport.

Phil Heath

A champion of the modern era, Phil Heath secured seven Mr. Olympia titles, showcasing exceptional conditioning and a captivating stage presence.

The Gift of Density and The Reign After Ronnie

Phil Heath's bodybuilding journey began in Denver, Colorado, in 1979. Unlike some who discovered weights at a young age, Phil didn't start bodybuilding seriously until his early 20s. However, his dedication and natural athleticism led him to quick progress.

Success Stories

• ***Mr. Olympia Champion:*** Phil dominated the bodybuilding scene in the 2010s, securing seven consecutive Mr. Olympia titles (2011-2017). This placed him alongside bodybuilding legends like Arnold Schwarzenegger and Lee Haney.

• ***Conditioning and Density:*** Phil brought exceptional conditioning and muscular density to the stage, showcasing a physique that was both aesthetically pleasing and incredibly ripped.

• ***Stage Presence:*** His captivating charisma and confidence on stage made him a fan favorite, adding another dimension to his competitive dominance.

Controversial Stories

• ***Rivalry with Kai Greene:*** Phil's reign coincided with the rise of Kai Greene, another bodybuilding icon. Their intense competitive spirit and contrasting personalities fueled a media-fueled rivalry.

• ***Allegations of Steroid Use:*** As with many top bodybuilders, there have been unconfirmed allegations of steroid use, which remains a complex issue within the sport.

Influence on Bodybuilding

• ***Importance of Conditioning:*** Phil's success emphasized the importance of achieving peak conditioning alongside muscularity, influencing the aesthetics showcased in modern bodybuilding.

• ***Focus on Stage Presence:*** He highlighted the importance of engaging with the audience and showcasing personality on stage, inspiring future competitors.

• ***Shifting Landscape:*** While Phil's era emphasized conditioning, the sport continues to evolve, with some favoring a return to a balance between size and aesthetics.

Where is He Now?

• ***Semi-Retired:*** Phil has largely stepped away from competitive bodybuilding, focusing on coaching and mentorship.

• ***Business Ventures:*** He remains active in the fitness world through various business ventures, including his own gym and apparel brand.

• ***Legacy:*** Phil Heath remains a bodybuilding legend, his dedication to conditioning, stage presence, and winning mentality leaving a lasting mark on the sport.

Jay Cutler

Known for his density and detail in his muscle definition, Jay Cutler secured four Mr. Olympia titles, posing a serious challenge to the reign of Ronnie Coleman.

The Quad Stomp King and a Mr. Olympia Contender

Jay Cutler's bodybuilding journey began in Worcester, Massachusetts, in 1973. Unlike some who gravitate towards weights early on, Jay didn't start bodybuilding seriously until his brother introduced him to weight training at the age of 18. Inspired by action heroes like Arnold Schwarzenegger and Sylvester Stallone, he found his passion in sculpting his physique.

Success Stories

• ***Mr. Olympia Contender:*** While not achieving the ultimate Mr. Olympia title, Jay was a dominant force throughout the early 2000s. He secured an impressive four Mr. Olympia victories (2006, 2007, 2009, 2010), consistently placing second or third when not winning the title, often battling Ronnie Coleman for bodybuilding supremacy.

• ***Legendary Legs:*** Jay was renowned for his incredible quadriceps development, earning him the nickname "The Quad Stomp King" for his signature victory pose. His leg workouts became legendary within the bodybuilding community.

• ***Density and Detail:*** Known for his dense and detailed muscle striations, Jay showcased a balance between size and aesthetics, appealing to fans who appreciated both aspects of bodybuilding.

Controversial Stories

• ***Rivalry with Ronnie Coleman:*** Jay's competitive peak coincided with the reign of Ronnie Coleman. Their intense competition and contrasting styles (mass vs. detail) fueled a media frenzy, with fans divided in their support.

• ***Allegations of Steroid Use:*** As with many top bodybuilders of his era, there have been unconfirmed allegations of steroid use, a complex and ongoing debate within the sport.

Influence on Bodybuilding

• ***Importance of Leg Training:*** Jay's success brought renewed focus on the importance of dedicated leg training routines, inspiring bodybuilders to prioritize lower body development.

• ***Balance Between Size and Aesthetics:*** His physique showcased a balance between extreme mass and detailed aesthetics, influencing a generation of bodybuilders who sought a more complete look.

• ***Training Inspiration:*** Jay's detailed workout routines and focus on proper form continue to inspire aspiring bodybuilders to train effectively and efficiently.

Where is He Now?

• ***Retired from Competition:*** Jay officially retired from competitive bodybuilding in 2012.

• ***Business Ventures:*** He remains active in the fitness world through various business ventures, including his own supplement line and apparel brand.

• ***Social Media Presence:*** Jay maintains a strong social media presence, sharing fitness tips, workout routines, and interacting with fans.

• ***Legacy:*** Jay Cutler stands as a bodybuilding legend, his dedication to leg training, detailed aesthetics, and competitive spirit leaving a lasting impact on the sport.

Dorian Yates

Pioneering the concept of "mass monster" physiques, Dorian Yates brought extreme density and conditioning to the stage, winning six Mr. Olympia titles.

The Architect of the Mass Monster and a Six-Time Olympia Champion

Dorian Yates' bodybuilding journey began in a small town near Birmingham, England, in 1962. Unlike some who discover weights early on, Dorian didn't find bodybuilding until his late teens. A chance encounter with a bodybuilding magazine sparked his interest, and he started training at a local gym at the age of 18. His dedication and relentless work ethic set him on the path to bodybuilding stardom.

Success Stories

• ***Mr. Olympia Domination:*** Dorian redefined the aesthetics of bodybuilding in the 1990s. He secured an impressive six consecutive Mr. Olympia titles (1992-1997), showcasing a physique unlike anything seen before.
• ***Extreme Density and Conditioning:*** Dorian's approach prioritized extreme muscular density and unparalleled conditioning. His shredded physique, with incredible detail and vascularity, revolutionized the sport.
• ***"Blood and Guts" Training:*** His high-intensity training style, nicknamed "Blood and Guts," emphasized pushing his limits to the absolute extreme, inspiring awe and debate within the bodybuilding community.

Controversial Stories

• ***Shifting Aesthetics:*** Dorian's focus on extreme mass and density moved bodybuilding away from the classic aesthetic ideal. Some argued his physiques lacked the balance and symmetry of previous champions.
• ***Potential Health Risks:*** His intense training methods raised concerns about potential health risks associated with pushing the body to such extremes.
• ***Allegations of Steroid Use:*** As with many top bodybuilders of his era, there have been unconfirmed allegations of steroid use, a complex and ongoing issue within the sport.

Influence on Bodybuilding

• ***Emphasis on Conditioning:*** Dorian's success popularized the importance of achieving peak conditioning alongside muscularity, influencing the modern era of bodybuilding.
• ***Training Intensity:*** His high-intensity training style sparked debate about the balance between pushing limits and prioritizing long-term health.
• ***Focus on Detail and Density:*** Dorian's focus on extreme muscle detail and density continues to inspire some bodybuilders who strive for that shredded and vascular look.

Where is He Now?

• ***Retired from Competition:*** Chronic injuries forced Dorian to retire from competitive bodybuilding in 1997.
• ***Coaching and Business Ventures:*** He remains active in the fitness world through online coaching and various business ventures, including his own clothing line.
• ***Advocacy for Sustainable Training:*** Dorian has spoken out about the importance of balanced training and injury prevention, advocating for a more sustainable approach compared to his own competitive days.
• ***Legacy:*** Dorian Yates remains a bodybuilding legend, his dominance, extreme conditioning, and "mass monster" physique leaving a lasting impact on the sport, while also sparking discussions about training methods and long-term health.

Lou Ferrigno

The "Incredible Hulk" himself, Lou Ferrigno brought immense size and stage presence to bodybuilding, securing two Mr. Universe titles.

The Incredible Hulk from Brooklyn

Lou Ferrigno's journey to bodybuilding greatness began in Brooklyn, New York, in 1951. Unlike some, Lou wasn't initially drawn to weights. However, a childhood illness that left him partially deaf sparked a determination to overcome challenges. At 13, inspired by bodybuilding icon Steve Reeves, Lou discovered weightlifting and found his passion.

Success Stories

- ***Mr. America and Mr. Universe Titles:*** Lou's dedication and incredible physique led him to win the prestigious Mr. America title in 1973 and two consecutive Mr. Universe titles in 1974 and 1975.
- ***The "Incredible Hulk":*** Lou's muscular physique perfectly embodied the character of the Incredible Hulk in the iconic 1970s television series. This role propelled him to mainstream fame beyond the bodybuilding world.
- ***Crossover Success:*** Lou's acting career continued beyond the Hulk, showcasing his strength and charisma in various film and television roles.

Controversial Stories (Less Controversial Compared to Others)

- ***Focus on Size:*** Compared to some later bodybuilders, Lou's approach emphasized extreme size and strength, which may not align with the more balanced aesthetics of contemporary bodybuilding.

Influence on Bodybuilding

- ***Inspiration for Aspiring Bodybuilders:*** Lou's dedication and success story continue to inspire aspiring bodybuilders, demonstrating the power of hard work and perseverance.
- ***Importance of Strength:*** Lou's focus on strength training, alongside building muscle, reminds bodybuilders of the importance of functional fitness.
- ***Mainstream Recognition:*** As the "Incredible Hulk," Lou brought bodybuilding into the public eye, inspiring a wider audience to appreciate the dedication and discipline required for this sport.

Where is He Now?

- ***Semi-Retired:*** While not actively competing or starring in major films, Lou remains active in fitness and entertainment.
- ***Motivational Speaker:*** He inspires audiences through motivational speaking engagements, sharing his bodybuilding journey and life lessons.
- ***Fitness Advocacy:*** Lou continues to promote healthy lifestyles and the importance of fitness for overall well-being.
- ***Legacy:*** Lou Ferrigno remains a bodybuilding icon, his incredible physique, portrayal of the Hulk, and dedication to fitness leaving a lasting impact on the sport and popular culture.

Franco Columbu

Known for his horseshoe-shaped triceps and incredible strength, Franco Columbu was a two-time Mr. Olympia champion and a close friend of Arnold Schwarzenegger.

The Sardinian Strongman with a Horseshoe and a Smile

Franco Columbu's journey to bodybuilding stardom began in Ollolai, Sardinia, Italy, in 1941. Unlike many bodybuilders, Franco's initial passion was boxing. However, a chance encounter with weightlifting equipment at a young age sparked his interest in building muscle. His dedication and raw strength propelled him to bodybuilding glory.

Success Stories

- ***Two-Time Mr. Olympia Champion:*** Franco's incredible physique and dedication earned him two Mr. Olympia titles (1976, 1981). This cemented his place among the bodybuilding elite.
- ***Pound-for-Pound Strongest Bodybuilder:*** While not the biggest bodybuilder, Franco possessed incredible strength for his size. He held numerous powerlifting records, including a deadlift of 750 pounds, solidifying his reputation as the "Sardinian Strongman."
- ***Friendship with Arnold Schwarzenegger:*** Franco and Arnold Schwarzenegger formed a lifelong friendship during their bodybuilding careers. They trained together, supported each other's successes, and even appeared in films like "Pumping Iron."

Controversial Stories

- ***1981 Mr. Olympia Comeback:*** Franco's 1981 Mr. Olympia victory was met with controversy. Having taken a break from competition due to injury, many felt he wasn't at his best compared to other competitors. Some speculate judging issues may have played a role.

Influence on Bodybuilding

- ***Importance of Strength Training:*** Franco's success as a powerlifter and bodybuilder highlighted the importance of incorporating strength training alongside building muscle mass.
- ***Focus on Conditioning: Franco*** emphasized the importance of achieving peak conditioning alongside muscularity, influencing the training styles of many bodybuilders.

Where is He Now (Unfortunately Deceased)

- ***Tragic Passing:*** Franco Columbu passed away in 2019 at the age of 78. A kayaking accident in Sardinia led to complications that ultimately took his life.
- ***Legacy:*** Franco Columbu remains a bodybuilding legend. His incredible strength, dedication to balanced physiques, and enduring friendship with Arnold Schwarzenegger continue to inspire athletes and fitness enthusiasts worldwide.

Dexter Jackson

The "Blade" redefined conditioning standards in bodybuilding, winning the Mr. Olympia title four times with a shredded and aesthetically pleasing physique.

The Blade With Unmatched Titles and Enduring Conditioning

Dexter Jackson's path to bodybuilding glory began in Jacksonville, Florida, in 1969. Unlike some bodybuilders who discover weights early on, Dexter didn't have a singular epiphany. He gravitated towards fitness throughout his teenage years, playing sports and eventually finding weight training in his early twenties. This initial spark ignited a lifelong dedication to sculpting his physique.

Success Stories

- ***Mr. Olympia Champion:*** Dexter secured the prestigious Mr. Olympia title in 2008, defeating the reigning champion Jay Cutler. This capped a remarkable career filled with achievements.
- ***Record-Setting Professional Wins:*** Dexter holds the record for the most professional wins in men's bodybuilding history, with an impressive 29 victories throughout his career.
- ***Aesthetics and Conditioning Master:*** Dexter's physique was renowned for its incredible conditioning and aesthetics. He brought razor-sharp definition and impressive detail to the stage, inspiring a generation of bodybuilders.
- ***Five-Time Arnold Classic Champion:*** Adding to his dominance, Dexter secured a record-setting five Arnold Classic titles (2005, 2006, 2008, 2013, 2015), showcasing his consistent excellence.

Controversial Stories (Less Controversial Compared to Others)

- ***Era of Size:*** Dexter competed during an era where some bodybuilders prioritized extreme mass. While he possessed impressive size, some argued his physique lacked the sheer bulk favored by certain judges.

Influence on Bodybuilding

- ***Importance of Conditioning:*** Dexter's success emphasized the importance of achieving peak conditioning alongside muscularity. He redefined what exceptional conditioning looked like on the bodybuilding stage.
- ***Enduring Inspiration:*** Dexter's longevity and dedication continue to inspire aspiring bodybuilders, demonstrating the power of hard work and consistency over time.

Where is He Now (Recently Retired)

- ***Retirement from Competition:*** Dexter officially retired from professional bodybuilding in 2020 after an illustrious career.
- ***Fitness Coaching:*** He remains active in the fitness world through coaching and mentorship programs, sharing his knowledge and experience with aspiring athletes.
- ***Legacy:*** Dexter Jackson stands as a bodybuilding legend. His record-breaking wins, emphasis on conditioning and aesthetics, and enduring dedication leave a lasting impact on the sport, inspiring bodybuilders to strive for excellence on and off the stage.

Chris Bumstead

A rising star in the bodybuilding world, Chris Bumstead has secured three consecutive Classic Physique Olympia titles, showcasing exceptional aesthetics and a crowd-pleasing stage presence.

The CBum Era of Classic Physique Dominance

Chris Bumstead's bodybuilding journey began in Ottawa, Canada, in 1995. Unlike some bodybuilders, Chris didn't have a single defining moment that sparked his passion. He participated in various sports throughout his school years, and weightlifting became a way to improve his overall athleticism. However, as he honed his skills in the gym, a fascination with building muscle grew, leading him towards bodybuilding.

Success Stories

- ***Classic Physique Champion:*** Chris competes in the Classic Physique division, which emphasizes a more balanced and aesthetic physique compared to the Open division. He has secured an impressive five consecutive Classic Physique Olympia titles (2019-2023), showcasing remarkable consistency and dominance.
- ***Stage Presence and Charisma:*** Beyond his impressive physique, Chris brings captivating stage presence and charisma to the competition, connecting with the audience and judges.

Controversial Stories (Less Controversial Compared to Others)

- ***Era of Specialization:*** Chris's reign coincides with the rise of the Classic Physique division. While not necessarily a controversy, some argue it highlights the increasing specialization within bodybuilding, with a shift away from the more well-rounded physiques of previous eras.

Influence on Bodybuilding

- ***Classic Physique Popularity:*** Chris's success has significantly contributed to the growing popularity of the Classic Physique division, inspiring more athletes to pursue this specific physique category.
- ***Focus on Sustainable Training:*** Chris advocates for a balanced and sustainable training approach, prioritizing proper form and injury prevention.

Where is He Now

- ***Reigning Champion:*** Chris Bumstead remains the reigning Classic Physique Olympia champion, showing no signs of slowing down.
- ***Social Media Presence:*** He continues to be a major influencer in the fitness world, using his platform to motivate and inspire aspiring athletes.
- ***Business Ventures:*** Chris has ventured into business partnerships within the fitness industry.
- ***Legacy:*** Chris Bumstead is still actively shaping his bodybuilding legacy. His dominance in the Classic Physique division, focus on aesthetics and balance, and positive influence on social media solidify his place as a major figure in the sport, inspiring a new generation of Classic Physique competitors.

KATIE'S CORNER

Navigating Sex & Relationships with Katie Flowers

Instagram @KatieFlowersModeling
Website KatieFlowers.org

Hello My Beautiful Friends!

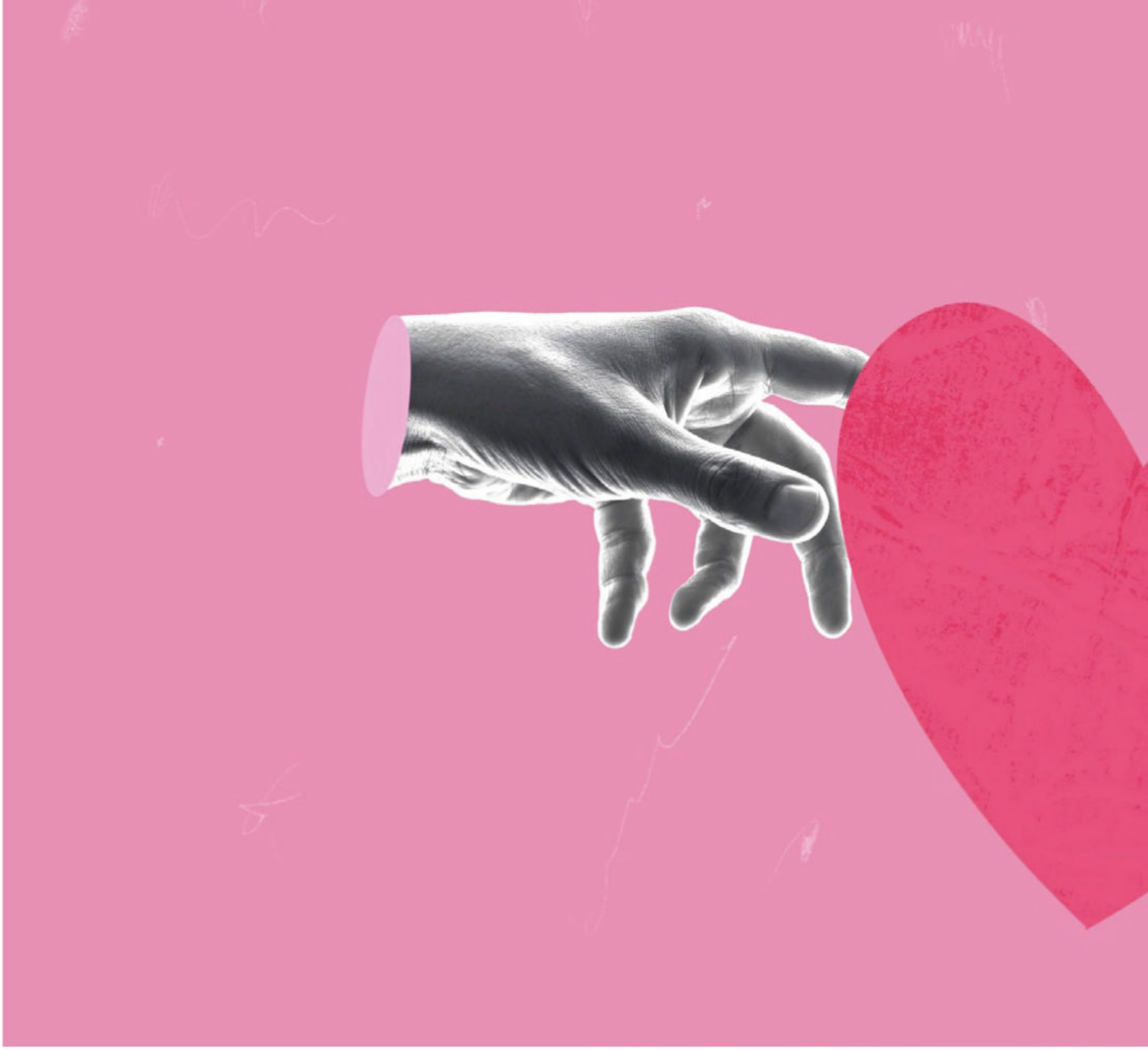
Ladies and Gentlemen, welcome to Katie's Bedroom Bootcamp, where we're about to embark on a transformative journey to unlock your full potential in the bedroom. This comprehensive guide is designed specifically for you who are eager to transcend the ordinary and become true masters of seduction and pleasure.

Creating the perfect ambiance is the foundation of any memorable, intimate encounter. Imagine entering your bedroom and being greeted by soft, dim lighting that casts a warm and inviting glow. The subtle flicker of candlelight adds an extra layer of romance while the soothing melodies of your carefully curated playlist fill the air, creating an atmosphere of sensuality and anticipation. And let's not forget about scent—choose a fragrance that ignites passion and arousal, whether it's the subtle aroma of lavender or the exotic scent of sandalwood. Paying attention to these details sets the stage for a night of unforgettable passion and pleasure.

Now, let's talk about communication. It's the cornerstone of any healthy relationship, and it's essential when it comes to matters of the bedroom. Ladies and Gentlemen, I cannot stress this enough—open and honest dialogue with your partner is crucial for building trust, deepening intimacy, and enhancing mutual satisfaction. Take the time to have frank conversations about your desires, fantasies, and boundaries. Explore each other's dreams and be receptive to your partner's needs and preferences. When you both feel heard and understood, your connection becomes even more electrifying, paving the way for mind-blowing experiences between the sheets.

Alright, now let's get down to business. Pleasure exploration is where the real magic happens, and I'm here to be your guide. We will delve into the art of tantalizing touch, sensual massage, and everything in between. Let's start with touch—take the time to explore your partner's body with reverence and curiosity, paying attention to their responses and cues. Experiment with techniques, from gentle caresses to firm strokes, and discover what brings them the most pleasure. And don't be afraid to get creative when it comes to massage. Use scented oils, feather-light touches, and long, flowing strokes to awaken their senses and send shivers of pleasure down their spine. By mastering these techniques, you'll become a true maestro of pleasure, capable of taking your partner to new heights of ecstasy.

But sexual prowess isn't just about physical technique—it's about being fully present in the moment. Mindfulness practices can enhance your connection with your



partner and intensify the pleasure you both experience. So take a deep breath, focus on your senses, and let yourself get lost in the moment. Whether you're exploring each other's bodies or simply reveling in the intimacy of being together, being fully present is a game-changer. Let go of distractions, quiet your mind, and immerse yourself in the here and now. Trust me, the rewards are well worth it.

Variety is the spice of life, especially in the bedroom. Feel free to mix things up and try new things. Whether experimenting with different positions, incorporating toys and accessories, or exploring role play, embracing variety keeps the spark alive and ensures that your intimate encounters are always fresh and exciting. So don't be afraid to get creative and push the boundaries of pleasure. Your partner will thank you for it.

Last but not least, ladies and gentlemen, remember to take care of yourselves. Confidence is incredibly sexy, so prioritize your well-being both mentally and physically. Hit the gym, hot yoga, practice self-love, and embrace your sexuality with pride. When you feel good about yourself, it radiates outward and makes you irresistible to your partner. So take the time to invest in yourself, and watch as your confidence soars to new heights.

With Katie's Bedroom Bootcamp as your guide, you have all the tools you need to become a true master of the bedroom. So what are you waiting for? It's time to unleash your full potential and embark on a journey of sexual discovery like never before.

Stay tuned for more exclusive insights from yours truly, Katie Flowers, as we continue to explore the wonderful world of sex and relationships together.

XOXO
Katie Flowers

SIDE BOX TIPS BY KATIE FLOWERS SEXUAL REVOLUTION

8 CONTROVERSIAL TIPS TO RETHINK YOUR BEDROOM GAME

1. Set the Scene
Create an intimate atmosphere with soft lighting, sensual music, and a hint of your favorite scent to ignite passion and set the mood.

2. Communication is Key
Open and honest dialogue with your partner about desires, fantasies, and boundaries is essential for mutual satisfaction and deeper connection.
Explore Erogenous Zone: Take the time to discover and stimulate your partner's erogenous zones for maximum pleasure and satisfaction.

3. Mindfulness Matters
Practice mindfulness during intimate moments to enhance your presence and deepen your connection with your partner.
Embrace Variety: Keep things exciting by trying new positions, incorporating toys, or exploring role play to keep the spark alive in the bedroom.

4. Prioritize Self-Care
Take care of your physical and mental well-being to boost confidence and sexual empowerment.

5. Focus on Foreplay
Don't rush into intercourse—savor the buildup with extended foreplay to enhance arousal and anticipation.

6. Learn New Techniques
Continuously educate yourself on new techniques and methods to expand your sexual repertoire and pleasure potential.

7. Be Adventurous
Step outside your comfort zone and embrace adventure in the bedroom to keep the excitement alive.

8. Celebrate Pleasure
Above all, celebrate pleasure and prioritize mutual enjoyment and satisfaction in your intimate encounters.

Exploring the Role of Supplements in Vascular Wellness

By Frank Hamre

In an era where natural remedies are increasingly popular, herbal supplements have garnered attention as potential aids in promoting vascular health. Yet, amidst the plethora of products claiming miraculous benefits, discerning between hype and genuine help can be challenging. This article delves into the realm of herbal supplements, examining their purported roles in vascular wellness and separating fact from fiction.

The Herbal Renaissance

With roots tracing back centuries, herbal medicine has experienced a modern resurgence, fuelled by an appetite for natural alternatives to conventional treatments. From ginkgo biloba to garlic extract, a variety of herbs have been touted for their potential to support cardiovascular health, promising everything from improved blood circulation to cholesterol reduction.

Separating Signal from Noise

Amidst the buzz surrounding herbal supplements, it's essential to distinguish between evidence-based benefits and unfounded claims. While some herbs possess bioactive compounds with proven cardiovascular effects, others may lack robust scientific support or carry potential risks, particularly when taken in combination with medications or in excessive doses.

Examining the Evidence

Gleaning insights from clinical research, we explore the efficacy of select herbal supplements in vascular health maintenance. From hawthorn for heart health to turmeric for inflammation modulation, there is scientific evidence underpinning their purported benefits. Some of these include;

Ginkgo Biloba: It is believed to improve blood flow by dilating blood vessels and reducing platelet aggregation, potentially aiding in the management of conditions like intermittent claudication and cognitive decline.

Garlic: Garlic contains sulphur compounds, such as allicin, which may help lower blood pressure by promoting vasodilation and inhibiting the enzyme involved in blood vessel constriction. Additionally, garlic has anti-inflammatory properties that could contribute to cardiovascular health by reducing inflammation in blood vessel walls.

Hawthorn: It has traditionally been used to support heart health and circulation. It contains flavonoids and oligomeric proanthocyanins (OPCs) that may help dilate blood vessels, improve blood flow, and strengthen the heart muscle, potentially benefiting conditions like congestive heart failure and hypertension.

Turmeric: Curcumin, the active compound in turmeric, exhibits antioxidant and anti-inflammatory properties that could support vascular health by reducing oxidative stress and inflammation in blood vessels. It may also help improve endothelial function and lower the risk of atherosclerosis and other cardiovascular diseases.

Ginger: Ginger contains gingerol and other bioactive compounds that have been shown to have vasodilatory effects, potentially improving blood circulation and reducing blood pressure. Additionally, ginger may help lower cholesterol levels and inhibit platelet aggregation, contributing to cardiovascular health.

Green Tea: Green tea is rich in catechins, particularly epigallocatechin gallate (EGCG), which have antioxidant and anti-inflammatory properties. These compounds may help protect blood vessels from damage, and reduce the risk of cardiovascular diseases such as heart disease and stroke.

Cayenne Pepper: Capsaicin, the active component in cayenne pepper, has been shown to promote vasodilation and improve blood circulation by stimulating the release of nitric oxide. It may also help lower blood pressure and reduce the risk of blood clots, supporting overall cardiovascular health.

Navigating the Nuances

In the realm of herbal supplements, context is key. Factors such as product quality, dosage, and individual health status can significantly influence outcomes. Additionally, understanding potential interactions with prescription medications and recognizing contradictions is paramount for safe and effective supplementation.

Armed with knowledge, readers can make informed decisions regarding the incorporation of herbal supplements into their vascular wellness regimen. By critically evaluating claims, consulting healthcare professionals, and prioritizing evidence-based practices, individuals can navigate the landscape of herbal remedies with clarity and confidence.

As interest in herbal supplements continues to burgeon, it's imperative to approach them with a discerning eye and evidence-based mindset, especially concerning vascular health. While certain herbs may offer promising benefits, navigating through the hype requires careful consideration of scientific evidence, individual needs, and potential risks. By fostering a nuanced understanding of herbal supplements, we can harness their potential to complement conventional approaches in promoting vascular wellness.

FHM

SENSUALITY REDEFINED

SARA KOVA

IG @miss_saracha

Photographer Arthur St. John | @arthurstjohn
HMUA Bridget Martinez | @bridgetzglam
Stylist Joshua Bailey | @jbaileynyc
Location Paul Goldman | @studiocityspace

Congratulations on gracing the cover of the official FHM USA magazine! How do you feel? I feel amazing to be a part of this magazine. It has always been a life goal of mine. Such an honor to be on the cover of FHM USA.

Describe your photo shoot: I shot with Arthur St. John and Bridget Martinez did my hair and make-up. Joshua Bailey was my assistant and stylist, and the entire team came together at this beautiful location in Studio City, CA to create these breathtaking photos! It was a really warm summer day, I love working with this group, we create together and that's what it's all about.

Are you romantic? I'm definitely romantic but it takes the right guy to bring it out of me.

Describe your perfect date: My ideal date is a romantic setting, candlelit dinner with a man I have chemistry and connection with, feeding each other delicious food followed by dessert and making out all night, etc.

Favorite food? Lamb chops or pretty much anything with lamb.

Favorite drink? A margarita with tajin.

Favorite movie? The notebook

What is your best asset? I feel the whole package! I can't choose.

Can you tell us 1 secret about you? (We won't tell anyone - wink) I have no tattoos.

Which animal best describes you and why? A black panther. It's nocturnal, runs fast, and has great eyesight.

Describe yourself using 3 adjectives: Adventurous, witty, and fun.

What are some of your goals in life you wish to accomplish? Build my dream house, start my own business, and make fun music to dance to.

Where can our readers find you?
@miss_saracha on Instagram.

HOLDING THE MIDDLE GROUND

The M135i feels like a good movie with a sad ending

Hot hatches have slowly morphed and swollen into hot SUVs. There are still a few noteworthy ones however; Golf GTi, Hyundai I30N, Mercedes-AMG A45, Renault Megane Trophy and BMW's M135i.

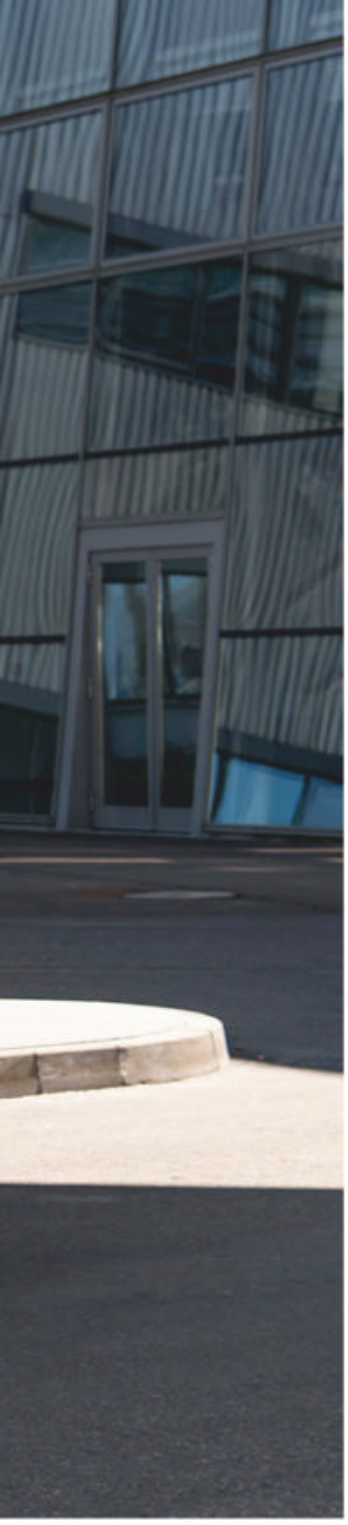
Over the years, the BMW has undergone the most changes of the lot. The 3.0-liter engine was chucked in favor of a smaller, far less charismatic 2.0-liter and the rear-wheel drive system, which was one limited slip differential away from wagging the tail, was axed for a xDrive all-wheel drive system. Literally, everything that made the M135 unique was scooped out.

Does the latest facelift have any chance of changing that? On paper, it doesn't seem to be the case although vehicles sold in Europe will make 296hp while models sold in the U.S. will unlock the full 312hp. That's been the case before with the finger pointed at different emission regulations. Power is the same as the X1 M35i and its slightly bigger cousin, the X2 M35i and the 0-60mph time has moved south by 0.1s. That's

HOME
MAP
COM
OPTION
BACK
OFF
P
OFF
START
ENGINE
STOP
SPORT
COMFORT
ECO PRO
R
N
P
D
M/S

M HU 5642

M135i



unlikely to dissuade buyers, because 4.9 seconds in a hot hatch is still plenty quick. Surely the next step must be some form of mild hybrid power to spice up the drivetrain.

The baby M's styling is not what anyone would describe as instantly appealing. The front end, in particular, looks soft with the headlights sitting high and the grille pinched between them lacks the visual aggression. Rear styling is far more purposeful, helped by a quad exhaust system and black diffuser section. Other M highlights include bespoke wing mirrors, unique 19-inch alloys with red calipers and M-badges dotted around the exterior. Also on offer is a contrasting roof color, much like BMW has been doing with MINI for decades.

Inside the new 1 Series cuts a far more mature look, meeting the demands of the young tech-savvy customers who are willing to forgo a driver-focused cabin for one that engages digitally. The dual screens reflect the premium pricing, and the different materials add some visual flavor to a cabin that has lost the bulk of its buttons, including the iDrive controller. Even the gearshift has been trimmed down. Nevertheless, it's very much on brand, taking all the touchpoints and software across and shrinking it down.

It's unlikely to go down in history as one of the great hot hatches, but if you're really hanging on to the vestiges of a compact, dynamic BMW there's always the M2.

Pawan Dhingara

SILENT ASSASSIN

The owl that never really arrived, is somehow back

The 0-60mph race is rapidly going the way of the electric vehicle with even small city hatchbacks out-sprinting bona-fide supercars. The tables are turned however when it comes to top speed; here gearing plays a central role and EVs usually have one fixed ratio, versus the seven in say a Bugatti Veyron.

All of which sounds like a tasty challenge for a start-up EV wanting to make a name for itself. Don't get us wrong, records for EVs come in all shapes and sizes, and sometimes not even forwards; take the Rimac Navera which last year set a record speed of 171.34...in reverse. Oh, and it also did 256mph when going forwards.

Hands up if you remember the Aspark Owl? First revealed in 2018 at the Frankfurt Motor Show, the Owl promised 2,012bhp, a range of 250 miles and a 0-60mph time of 1.72 seconds. There was even some footage of a prototype version nailing 0-60mph in 2 seconds, although the internet has a way of distorting the facts.

But that was child's play, Teslas now offer similar shove with four seats, such is the evolution of EVs. What Aspak needed to do was dethrone the Rimac Navera for its own internet fame.

After a few attempts on a 2-mile-and-a-bit section of road in England, the Owl recorded top speed of 438.73 kph, or 272.61 mph in the hands of Nurburgring 24hr winner, Marc Basseng – a convincing win but unlikely to be the last of the duel. By comparison, the Bugatti Chiron Supersport hit 304mph, although only in one direction so the record doesn't officially exist. A good time then to point out that no trustworthy sources seem to

know if the Aspark Owl did this in both directions either.

Masanori Yoshida, Aspark CEO, said: "It has been about 10 years since we started making the Owl Hypercar. We aimed for the world's fastest acceleration car, and then attempted and achieved the top speed world record today."

The Japanese hypercar has undergone a few changes since we last saw it. The rear section tail appears to have been extended for stability and there's no adaptive rear wing – in fact, no rear wing at all. More aerodynamic aids are incorporated around the front bodywork and there are some very sexy wheel covers to reduce drag, much like the absence of wing mirrors for this run. Anyway, one of the perks of being the fastest car is not having to check your mirrors.

So does this mean that you can now own the world's fastest EV? Sadly not. There is still talk about 50 units being produced but this run, enticing as it must be to supercar owners looking for the new benchmark, doesn't mean we're any closer to that happening. By sobering contrast, you can not only go buy a Rimac Navera, but the company will also arrange for their clients to experience the top speed in an exclusive event. Still, we're sure that Rimac is plotting its revenge for no other reason other than bragging rights.

Pawan Dhingara

NEW RECIPE. SAME TEST

The owl that never really arrived, is somehow back

There's a new Porsche 911 T in town, but this time the T does not denote Turbo but rather Porsche's first T-hybrid system. In the annals of 911 history, this is about as significant a chapter as the evolution from air- to water-cooled, clumsy autos to rapid dual-clutch PDK gearboxes. It's also one that we knew was inevitable, for better or for worse.

Yet before we dive into the inner workings, we must also mention that not all of the new 992-series Porsches have gone hybrid. Still kicking about in the petrol-only club is the base Carrera which deploys the same 3.0-litre flat six twin turbo with a few mods that nudge the power upwards ever so slightly.

Our focus lies on the 911 GTS T-hybrid, arguably the model to have if the budget allows. It's not a full-blown hybrid because the battery is only 1.9kWh and can't be charged up while it's sitting around doing nothing. It does power two motors however; one in the gearbox where it supplies 55hp and another, attached to the turbo, provides 14hp. The latter's number is of little consequence because its main job is to fizz away turbo lag – a trick that has been done before but is significant in the 911 because it means there's no need for another turbocharger as has been the case for decades.

There are no exact performance numbers just yet, other than some claims by Porsche that it'll do 0-60mph in under 3-seconds. Entirely plausible considering this GTS variant pushes out more power than the outgoing 911 Turbo. The T-hybird

system is designed to maintain a healthy level of battery reserves so these power and acceleration figures shouldn't fluctuate from one run to the next.

Improvements around carbon emissions and fuel consumption are less bold, and small as the battery may be, it still adds about 50kg to the scales. The engine is supplemented by a 400-volt electric architecture which does streamline its packaging and allow the engineers to place the engine slightly lower in the car's frame.

And it's a frame that is instantly recognizable. Porsche wasn't going to fuss over the whole hybrid embrace with some flashes of exterior exuberance and you won't even find a badge that alludes to its new powertrain. The front lights are more densely packaged with the daytime running lights being incorporated into their design, instead of separately. That leaves more room for the front air dams which regulate the amount of airflow going through them with active vanes.

Inside there are some changes that will make you think you're sitting in the cockpit of a Taycan, rather than a 911. The most sensitive being the switch from the analog rev counter to an entirely digitized set of instruments. Also gone is the key and ignition barrel – so meaty and weighted was its action, as if it was directly connected to the crankshaft. It's been replaced by a fairly insipid button. Less obvious is the fact that 911s now come standard as 2-seaters, rather than 2+2 which is now an option. This was done to save weight in the vehicle's homologation setup.

Pawan Dhingara

LEVEL UP YOUR SEX DRIVE!

Natural Ways to Boost Your Libido

A healthy sex life is an important part of a fulfilling relationship. However, many men experience dips in their libido (sex drive) from time to time. This can be caused by various factors, including stress, fatigue, and lifestyle choices. The good news is there are numerous natural ways to address low libido and rediscover your spark. This article explores a range of natural aphrodisiacs, lifestyle adjustments, and dietary changes that can help men boost their testosterone levels and reignite their passion.

Natural Aphrodisiacs

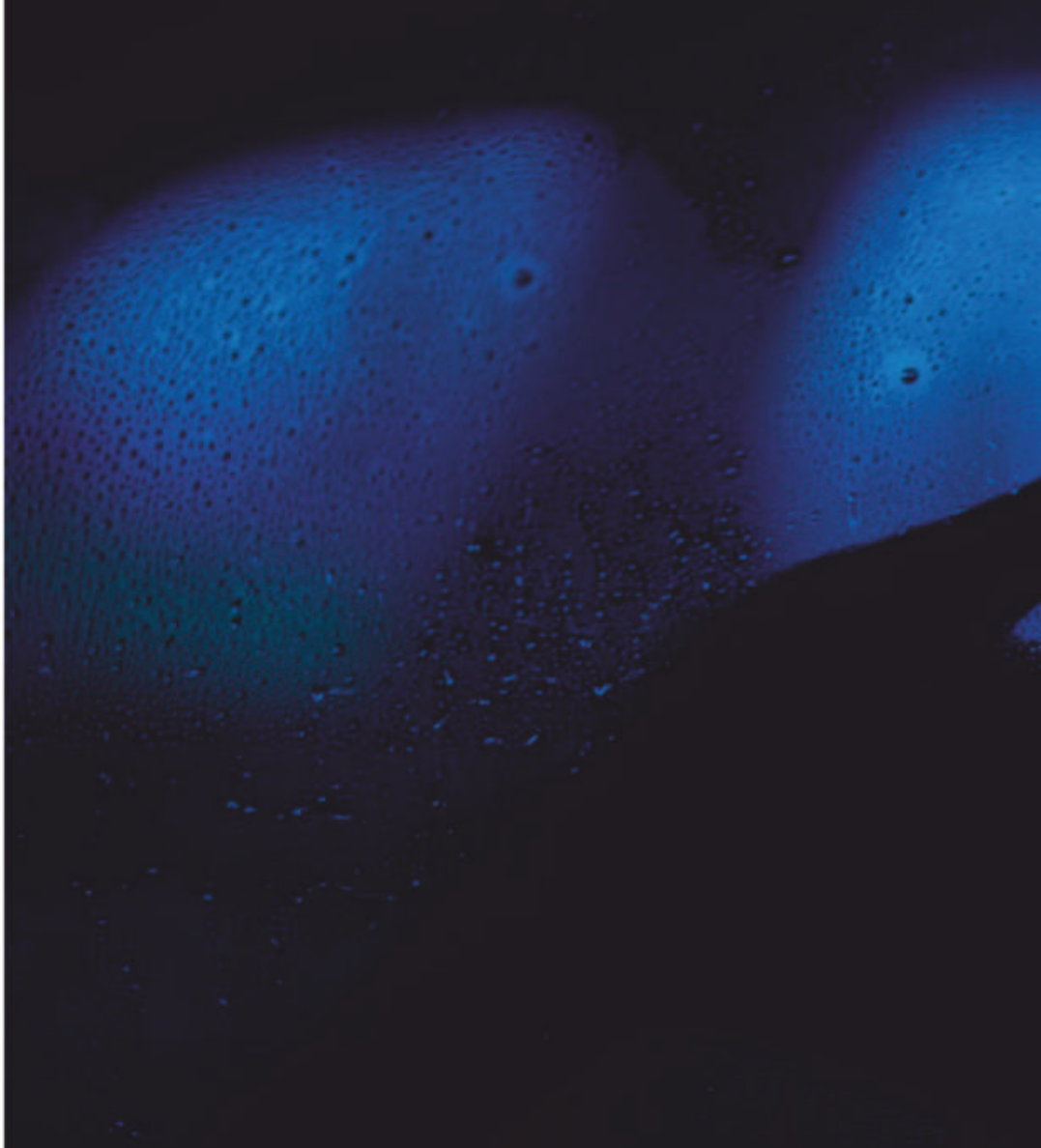
These foods have a long history of use in traditional medicine to enhance libido. While scientific evidence can be limited, some aphrodisiacs may have positive effects.

Oysters
Rich in zinc, a mineral essential for testosterone production. Testosterone plays a key role in male sex drive and erectile function. Studies suggest low zinc levels can be linked to low testosterone and impaired sperm quality. Oysters are particularly high in zinc, with just a few providing the recommended daily intake for men.

Maca Root
This root vegetable, native to the Andes mountains in Peru, has been used for centuries as a natural aphrodisiac for both men and women. Although research is ongoing, some studies suggest maca may improve libido and sexual function. It may work by regulating hormones and improving blood flow. Maca is available in powder or capsule form and can be easily incorporated into smoothies or yogurt.

Watermelon
This refreshing fruit contains an amino acid called citrulline, which the body converts to L-arginine. L-arginine plays a role in nitric oxide production, a molecule that helps relax blood vessels and improve blood flow. Improved blood flow can be beneficial for erectile function. While research is not conclusive, some studies suggest watermelon consumption may be helpful for men with mild erectile dysfunction.

Dark Chocolate
This decadent treat may not only satisfy your sweet tooth but potentially enhance your mood and blood flow. Dark chocolate contains compounds called flavonoids, which may improve blood vessel health and circulation. Additionally, small amounts of chocolate can trigger the release of endorphins, feel-good chemicals that can contribute to sexual arousal. Choose dark chocolate with a high cocoa content (at least 70%) for the most potential benefits.



Ginseng
This root has been used in traditional Chinese medicine for centuries. Some studies suggest ginseng, particularly red ginseng, may improve erectile dysfunction. It may work by increasing blood flow and nitric oxide production. However, more research is needed to confirm these benefits. Ginseng can interact with certain medications, so consult your doctor before starting any ginseng supplements.

Lifestyle Habits

Certain lifestyle changes can significantly impact your libido.

Exercise Regularly
Engaging in physical activity offers numerous benefits for your overall health and well-being,

and your libido is no exception. Exercise improves blood flow throughout the body, including the genitals, which is crucial for arousal and erectile function. Additionally, physical activity helps reduce stress hormones like cortisol, which can negatively affect testosterone levels. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week. Strength training can also be beneficial, as it helps build muscle mass, which can indirectly boost testosterone production.

Manage Stress

Chronic stress can wreak havoc on your hormones, including testosterone. When stressed, your body releases cortisol, which can suppress testosterone production. Finding healthy ways to manage stress can significantly improve your sex drive. Relaxation techniques like meditation, yoga, or deep breathing exercises can be helpful. Additionally, getting enough sleep, maintaining a healthy diet, and engaging in activities you enjoy can all contribute to stress reduction.

Get Enough Sleep

When you're sleep-deprived, your testosterone levels drop. Sleep is essential for hormone regulation, and getting enough quality sleep helps ensure optimal testosterone production. Aim for 7-8 hours of sleep per night. Develop a consistent sleep schedule and create a relaxing bedtime routine to improve your sleep quality.

Limit Alcohol and Drugs

Excessive alcohol and drug use can negatively impact libido and sexual function. Alcohol can interfere with nerve signals necessary for arousal and erection. Heavy drug use can also impair sexual function and testosterone production. If you're concerned about your alcohol or drug use, consult your doctor for support.

Maintain a Healthy Weight

Obesity can contribute to low testosterone levels. Fat tissue produces an enzyme that can convert testosterone into estrogen, a female sex hormone. Losing weight and maintaining a healthy body mass index (BMI) can help improve testosterone levels and overall health.

Dietary Changes

The food you choose can influence your hormones and overall health, playing a role in your libido. Here's how dietary changes can impact your sex drive.

Eat a Balanced Diet

Focus on a diet rich in a variety of fruits, vegetables, whole grains, and lean protein sources. These foods provide essential nutrients your body needs to produce testosterone and maintain overall well-being. Fruits and vegetables are packed with antioxidants which can help combat oxidative stress, potentially improving blood flow and erectile function. Whole grains are a good source of complex carbohydrates, which provide sustained energy and help regulate blood sugar levels, both of which can be beneficial for sexual health. Lean protein sources like fish, chicken, beans, and lentils provide essential amino acids needed for various bodily functions, including hormone production.

Reduce Processed Foods

Processed foods are often loaded with unhealthy fats, sugar, and sodium, which can negatively impact testosterone levels. These unhealthy fats can interfere with testosterone production and contribute to inflammation in the body. Excessive sugar intake can lead to weight gain and blood sugar imbalances, both of which can affect your sex drive. High sodium intake can also contribute to high blood pressure, which can impair blood flow and erectile function. Opt for whole, unprocessed foods whenever possible to ensure you're getting the nutrients your body needs for optimal sexual health.

Limit Saturated Fats

While some fat is necessary in your diet, prioritize healthy fats like those found in fish, avocados, and nuts, and limit saturated fats found in red meat and processed foods. Saturated fats can contribute to low testosterone levels and increase bad cholesterol, which can impair blood flow. Healthy fats, on the other hand, can improve blood flow and provide essential nutrients for hormone production.

Additional Tips

Some people find certain foods and beverages can dampen their libido. These may include:

- ***Soy products:*** Soy contains isoflavones, which are plant-based estrogens. While unlikely to cause significant hormonal changes in most men, some individuals may experience reduced libido with high soy intake.
- ***Highly refined carbohydrates:*** Sugary drinks, white bread, and pastries can cause blood sugar spikes and crashes, which can negatively impact energy levels and mood, potentially affecting libido.
- ***Excessive caffeine:*** While moderate caffeine intake is unlikely to harm your sex drive, very high intake can interfere with sleep and potentially contribute to anxiety, both of which can affect libido.

Consider Supple-ments

While some natural supplements may be helpful for boosting libido, it's important to consult with your doctor before starting any new regimen. They can advise you on the appropriate dosage, potential side effects, and any interactions with medications you're already taking. Here's a closer look at some natural supplements that may be beneficial.

Vitamin D

Deficiency in vitamin D has been linked to low testosterone levels. Vitamin D is essential for many bodily functions, and some studies suggest it may play a role in testosterone production. If you suspect you might have a vitamin D deficiency, your doctor can do a simple blood test to confirm and recommend the appropriate dosage for supplementation.

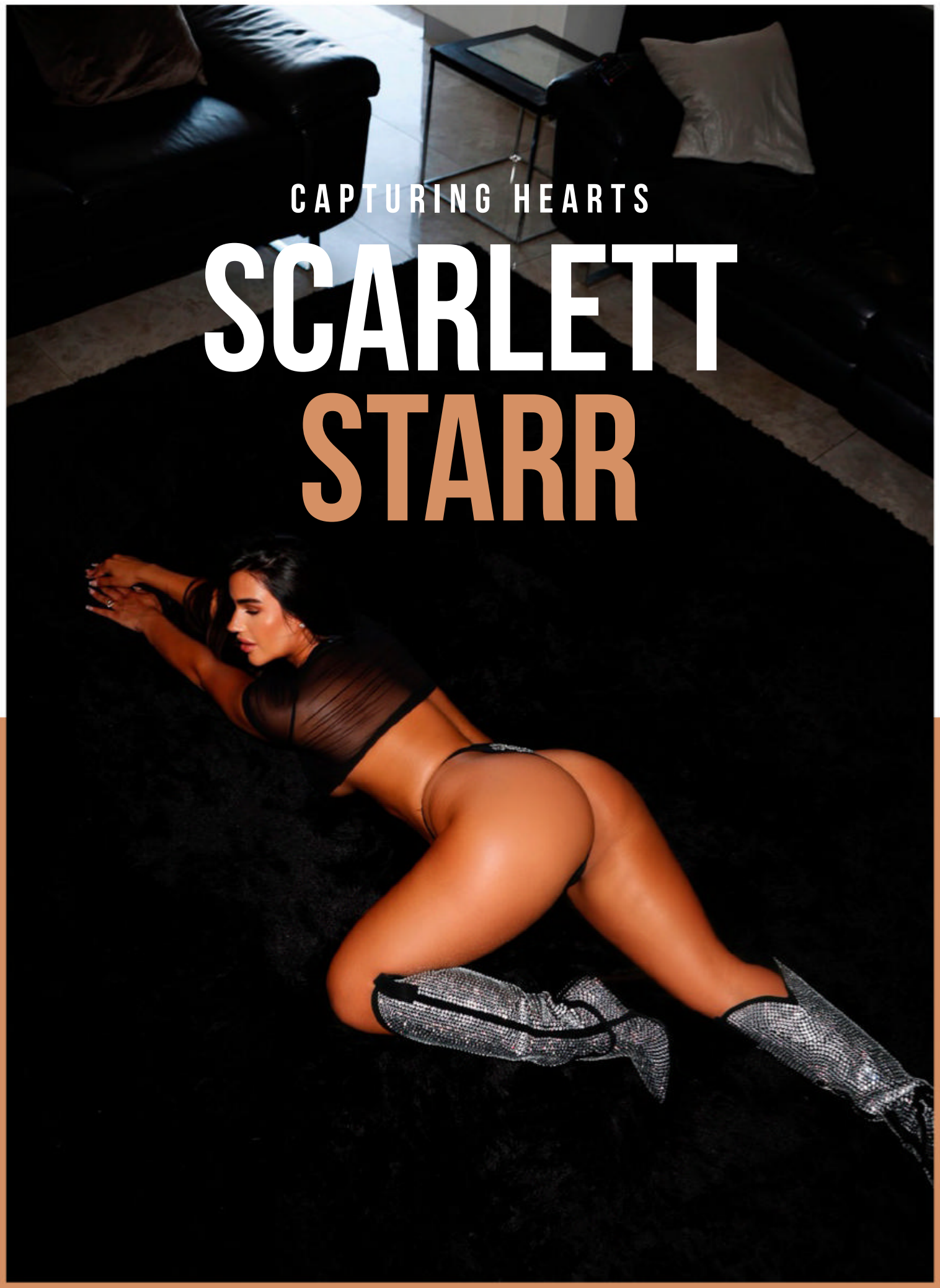
Zinc

As mentioned earlier, zinc is a mineral crucial for testosterone production. While most healthy men get enough zinc through their diet, deficiencies can occur. Symptoms of zinc deficiency can include low libido, fatigue, and impaired immune function. If you suspect a deficiency, your doctor can order a blood test and recommend supplementation if needed. Be cautious with zinc supplements, as excessive intake can have negative side effects.

Ashwagandha

This adaptogenic herb has potential benefits for improving testosterone levels and sperm quality. Adaptogens are natural substances that may help the body adapt to stress. Some studies suggest ashwagandha may help regulate stress hormones and improve testosterone production. However, research is ongoing, and more studies are needed to confirm these benefits. Additionally, ashwagandha can interact with certain medications, so consult your doctor before starting any supplementation.

By incorporating these natural remedies and lifestyle adjustments into your routine, you can take charge of your libido and reignite the spark in your relationship. Remember, a healthy sex life is a result of both physical and emotional well-being. Open communication with your partner and addressing any underlying concerns can further enhance your intimacy and sexual satisfaction.



CAPTURING HEARTS

SCARLETT STARR

Model @scarlettstarr_x

Photographer Diddy | @diddyvisuals
PR LSA @leo.alderman | @lsapublications

Can you tell us a bit about yourself? Hey, I'm Scarlett Star! I'm 30 years young, 5ft 3, half Indian half British. Living in the UK. I would say I'm a "country bumpkin" as I love spending time with my two horses and my French bulldog. However, I do love a few nights away in the city and let my hair down! I love to travel and experience different cultures this really grounds me and I love learning about spirituality.

What's one thing about yourself that your fans might be surprised to learn? I am dyslexic so when it comes down to academic subjects iv found this very difficult, but it's dramatically brought out my creative and artistic side and that's why modelling/ influencing it's my perfect career.

If you could choose one word to describe yourself what would it be, and why? I would say Free Spirit! This just describes me perfectly, as I'm very spontaneous and down to earth, and love new experiences, and meeting new people. I'm always happy and grateful, I'm just in my own little bubble and I love it.

What does freedom of self-expression mean to you? This means a lot to me as I am so free and always express how I feel, to me it's knowing who I am and being confident and staying true to myself, it's a form of self-love.

What are your go-to fashion and beauty essentials for a day of shooting or travel? My go-to fashion essentials vary depending on what shoot I'm doing so it could be lingerie, latex, or dresses. But I always take my platform stilettos. Beauty essentials would be body oil and shimmer for the glow, lip gloss, setting powder, beauty blender, and a favorite perfume of mine.

Could you share some of your top travel tips for your followers? This is hard because there are so many but two that have a big impact on my life are India was such an amazing experience I feel like I come back with a completely different mindset. I absolutely love Ibiza not just for the party side which is always a vibe but for the sunsets and just the energy it's such a beautiful place. Ibiza has my heart.

What are your favorite ways to unwind and relax when you're not working or traveling? I love to gym for out in nature for long walks, I love a massage and bubble bath and some me time.

Are there any particular hobbies or interests outside of your influencer work that you're passionate about? I love to gym, horse ride, and meditation and I do love music so going to an event with friends gives me energy.

What's the most memorable date you've ever been on, and what made it stand out? I would say it has to be a blind date for a TV show that was filmed and we had to re and act love scenes from movies, that was probably the most strangest but fun experience for a first date I have done.

Can you share any exciting upcoming projects or collaborations you're involved in? I'm always working and collaborating but my life is so fast-paced and always looking for the next project or collaborating, I do have plans for exciting things coming but I do not want to share them just yet.

How would you describe your personal style, and how has it evolved over the years? I would say growing up iv always followed trends, but over the years I know what I like and I love the attention to detail when styling myself, down to my makeup, hair, accessories, and even my nail color to match.

If you had to give your followers one piece of advice for leading a stylish and fulfilling life, What would it be? Always go out of your comfort zone and try new things and styles, just do what you want and love! Go live life to its fullest and take your chances as it could be the best chance you ever took! And always look for the positives and feed off that.

FHM

IT'S GREAT TO BE A MAN

FRANCK MULLER
GENEVE

ECJ LUXE
COLLECTION

4521 Sharon Rd. Suite 101 Charlotte, NC 28211
ChrisW@DiamondsDirect.com (704) 295-9190